

Pre & Post Guide for All Cosmetic Laser Treatments

Pre-Treatment

- ◆ Avoid self tanner, tanning beds, and limit sun exposure 4 weeks before and during all treatments.
- ◆ Inform us if you have taken Zithromax, Tetracycline, and Erythromycin within the past month. Anyone who has taken (or planning to take) Accutane within the past 12 months can not have treatment.
- ◆ If you are pregnant or planning to become pregnant, you can not have treatment until your post partum checkup.
- ◆ Shave treatment area within 12 hours before treatment. Do not wax, tweeze, bleach, use depilatories, or have electrolysis during or before treatment. Please inform us when you schedule your appointment if you want us to shave the area for you.
- ◆ Discontinue all glycolic acids, Renova, Retin A, and vitamin C products 3 days prior to treatment.
- ◆ Do not use aspirin, alcohol, NSAID's (ibuprofen, naprosyn, etc.), blood thinners, Ginkgo Biloba, and St. John's Wart for 10 days prior to treatment.
- ◆ Remove all make-up, deodorant, lotions, etc. before treatment.
- ◆ Inform us if you have had any peels, dermabrasion, or any other cosmetic/medical procedure in the past month.

Post- Treatment

- ◆ Apply an SPF 30+ to all treated areas. Little or no sun exposure.
- ◆ For hair removal- only shave the treated areas in between appointments.
- ◆ Wash areas with a mild cleanser and cool water for 2 days post treatment.
- ◆ Do not use glycolic acids, Retin A, Vitamin C, or alcohol based products for 5 days post treatment.
- ◆ Acne and facial rejuvenation patients do not use chemical peels for the duration of your treatment.
- ◆ Continue anti-viral medications if prescribed.
- ◆ Tylenol, 1% hydrocortisone, and cool compresses may help alleviate discomfort.
- ◆ Refrain from exercise, hot tubs, hot showers, and saunas for 5 days.
- ◆ Leg vein patients use support hose and do not use aspirin, alcohol, blood thinners, and NSAID's for 5 days post treatment.

Call us if you experience persistent pain or blistering. Do expect some minor swelling and redness which can last for up to 3 days. Vein patients may experience scabbing for up to 3 weeks. Hair removal patients can expect hair reduction 10-14 days post treatment. Acne patients should expect a temporary breakout after treatment.

Patient Signature

Date