

## LASER PRE- AND POST- TREATMENT INSTRUCTIONS

### Pre Treatment Instructions

Clients who are darkly tanned or sunburned should wait at least two weeks before receiving treatment to avoid additional skin damage. Light summer tanning is okay for this laser only!

- Clients who have used Accutane within the last 6 months CANNOT have laser treatments.
- Come to the office with a totally clean skin (only for the areas to be treated). No eye make-up, no sunscreen, no lotion.
- We cannot use most laser modes over a tattoo-covered area.
- If you have an active cold sore and we are treating your face, please advise us in advance. If you are prone to cold sores, taking an antiviral medication (such as Valtrex) prior to your treatment may reduce the odds of a flare up.
- Moisturize daily the areas that are being treated since dry skin may be more sensitive.
- No waxing, tweezing, hair removal creams or electrolysis treatments on areas of hair removal. Please shave before hair removal treatments.
- If for snoring-No eating or drinking 2 hours prior to treatment.
- PLEASE ARRIVE 10 min prior to your appointment
  - If numbing cream is needed, PLEASE ARRIVE 35 min prior to the appointment (clarify with receptionist)

### Post Treatment Instructions

- No tanning/sun exposure until the recommended number of treatments have been completed.
- Stay well hydrated post-treatment and be sure to moisturize the treated area.
- In general, we recommend to not use NSAIDS (anti-inflammatory). It slows down the healing process. Tylenol is not an NSAID.
- Apply sunscreen at least twice a day, even if you are inside.
- No saunas, hot tubs, or hot showers for a minimum of 12 hours) if the area is still red after 12 hours, wait until all redness has subsided).
- Apply a cold, wet compress to treated areas several times a day if redness or irritation is bothersome.

To achieve maximum results, keep regularly scheduled appointments.

## Specific Recommendations for Specific Treatments

- Mild Peel, Photo facial, face lifting, Intraoral tightening (2d, 3d, 4d, etc)
  - No downtime is to be expected unless a deeper peel is done. Skin may appear to have a light-to-medium sunburn.
  - Apply a cold compress if any heat elevation ( do not apply ice directly)
- Skin Tightening
  - Schedule your appointment every 3 weeks, 3 to 4 treatments needed for ultimate results.
- Veins and facial capillaries
  - Schedule your appointments, every 4 weeks for face and 6 weeks for the body for ultimate results. It is conservative to say that 70% of the lesions will disappear for good with an average of 3 treatments.
- Onychomycosis (Toe Fungus)
  - Prior to treatment make sure the nail is filed down
  - Please make sure to bring a clean pair of shoes/sandals or socks to wear after treatment.
  - After treatment: Every morning inside clean fresh socks, apply a Tinactin Powder and file the nail down as it grows out.
  - Treatment follows up 1 year after the treatment plan. (It takes 1 year for a new nail to grow)
  - Additional treatments may be necessary if the aftercare and hygiene is not followed
- Warts
  - May develop a blister the following day.
  - May feel some discomfort while walking (if foot treated) or discomfort in the treated area.
  - Call to book a second treatment if it has not resolved after 3 weeks. Do not wait!
- Snoring
  - Clean mouth before treatment.
  - no food or water 2 hours prior to treatment
  - There is gagging involved in the treatment
  - There is no downtime, no freezing, and the patient is okay to drink water after treatment.
  - Recommended treatment on Day 1, Day 15, and third treatment 45 days counting from the first treatment.
- Active Acne
  - You may have 1-2 days of downtime where you skin will be slightly flushed
  - Acne Scars: depending of the depth of the treatment, you may need several days of downtime

After treatment, if you have any questions, concerns or experience any problems, please call our office at 613-749-4668.