



## **All Laser Treatments**

### **Pre and Post Care Instructions**

#### **Pre-Care Instructions:**

- Please arrive 5-10 minutes before your appointment time with a clean face.
- No tanning for 4 weeks prior to treatment.
- Limit sun exposure at least 4 weeks prior to treatment.
- Wear sunscreen and re-apply 4 weeks prior to treatment.
- No self-tanner 2-3 weeks prior to treatment.
- No exfoliating 4 weeks prior to treatment.
- If you take Roaccutane (isotretinoin) for acne, you must be off it for 3 months prior to treatment.
- Stop hydroquinone and Lytera 2 days prior to treatment.
- Certain antidepressants, anti-fungal drugs, antibiotics, and antihistamines can cause photosensitivity. If you are currently taking any of these, please inform the Medical Assistant.
- Please stop all active ingredient skincare 5 days prior to treatment. You may use Stone Crop products or Cetaphil.
- Men need to be clean shaven. Women need to derma plane or shave the night before. Post-Care IPL/Photo facial.

#### **Post-Care Instructions:**

- Protect the treated area with SPF 30 or higher and avoid intentional sun exposure for 2 weeks after treatment.
- Some redness and swelling in the treated area is expected. Use cold compresses to help reduce these symptoms. You may use an antibiotic ointment, such as Neosporin, at first sign of any blistering and apply as directed.
- Wash treatment area gently and do not use glycolic acid or Retin-A products for 2-3 days following treatment.



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- Do not take hot baths, use a sauna, or hot tub, or expose the treated area to excess heat for 3 days post treatment.
- If a superficial crust or scabbing occurs, do not rub, scratch, or remove the scab. Cleanse the area gently and pat dry.

**I have fully read both pre and post care instructions:**

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

