

Pre and Post Care Instructions

PRE-CARE

- Use sunscreen daily, sunburned or tanned skin cannot be treated.
- Excess hair may need to be shaved. Men should be cleanly shaved 24 hours before treatment. Men should also clearly mark their beards and mustaches as this laser treatment can reduce hair to the treated area.
- Do not go tanning for 4 weeks or use self-tanner for 2 weeks before treatment.
- Avoid any irritants or sensitizing agents (such as retinol, tretinoin, glycolic or, salicylic acid, benzoyl peroxide, astringents, and Vitamin C) 7 days before treatment. If your skin is irritated please contact our office at least 24 hours prior to your appointment to reschedule.
- If you have an active cold sore/fever blister, canker sore, or shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- If possible, please do not wear any makeup prior to your facial treatment.
- If you have recently used the medication Accutane, it is recommended to postpone treatment until at least six months after stopping the medication.
- Women may not be treated while pregnant or breastfeeding.
- Patients actively undergoing chemo or radiation treatment cannot be treated. The patient must be in remission for 6 months to be treated.
- Do inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, and any other medical problems.

POST-CARE

- Avoid heat - hot tubs, saunas, etc. for 1-2 days
- Redness resolves in 20 mins to 24 hours.
- Notify the clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Keep the treatment area clean by using a mild face cleanser- avoiding ingredients with fragrance or chemicals that can be drying or irritating to the skin. Avoid scrubbing the skin. Keep skin moisturized with an emollient.
- Continue sun precautions and use sunscreen daily with an SPF of 30 or higher, preferably a mineral sunscreen. Avoid the sun for at least 2 weeks or continuously between treatment intervals.
- Sunscreen and Mineral makeup can be worn immediately post-treatment.
- For best results, Please schedule Laser Genesis in 2-4 week intervals averaging 4-6 treatments