

## Pre and Post Care Instructions

### PRE-CARE

- If possible, please do not wear any makeup prior to your treatment.
- 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 (face, arms, torso, legs).
- Use sunscreen daily, sunburned or tanned skin cannot be treated.
- 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 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.
- Avoiding Advil, Ibuprofen, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment to decrease your risk of bruising. Do not stop taking any medications that have been prescribed to you without first discussing with your prescribing medical provider.
- Do inform your Master Provider of all medical conditions, medications you are taking, skin disorders, allergies, and any other medical problems.

### POST-CARE

- Continue sun precautions and use sunscreen daily with an SPF of 30 or higher, preferably a mineral sunscreen. Avoid the sun for at least 3-5 days after treatment.
  - Bruising, redness, and swelling are common and resolve with time.
  - Do not use anything abrasive over the treatment area for 3-5 days.
  - Avoid heat - hot tubs, saunas, etc. for 3-5 days.
  - If treating the face continue to avoid skin irritants or sensitizing agents (such as retinol, tretinoin, glycolic or, salicylic acid, benzoyl peroxide, astringents, and Vitamin C) 3-5days post-treatment.
  - Notify the clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Leg vein treatments only:
- Compression stockings (20-30 mm/hg) are optional.
  - Avoid high impact activity 3-5 days as such activity may reopen veins.
  - Hemosiderin staining (brown staining) may occur after treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent.
- Strict avoidance of sun exposure may decrease the risk of permanent hemosiderin staining
- Large leg veins may take many months to resolve and should not be re-treated before