

Laser Pre & Post Treatment Protocol

Pre-Treatment Care

- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinones, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products 3 days prior to your treatment.
- Clients should come with clean skin, no lotions, makeup or fragrance in the area to be treated.
- No sun exposure or tanning 2 weeks prior to treatment. Avoid application of self-tanning lotions for 3 days prior to treatment.
- The area to be treated must be clean shaven.
- For hair removal clients, stop waxing, tweezing or sugaring *3 weeks* prior to treatment.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment.
- Clients who have used Accutane within the last 6 months CANNOT have laser services.
- Clients should not perform any physical activity that increases body temperature or blood pressure immediately before or after laser treatments.
- All laser clients are required to complete a consultation prior to receiving treatment. This will give us time to explain treatment information and answer and questions you may have.

What should I expect from my laser hair removal treatment?

- During your treatment you can expect slight discomfort, similar to a rubber-band snap on your skin. A topical numbing agent is available by prescription and can be applied 60 minutes prior to your treatment if you choose.
- You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, topical creams such as aloe, calamine or hydrocortisone may be applied.
- Allow 1 week post treatment for hair to “fall out”.
- On average, patients experience 20-30% less re-growth after every treatment.
- On average, patients experience 70-90% **reduction** in hair growth after a series of treatments.
- For best results, you will need to maintain a consistent treatment schedule.

What should I expect from my Photofacial/IPL treatment?

- During treatment, pigmented areas will turn ash gray and fade to red. Over the next 2-3 days pigmented areas will darken about 2x3 times their original color. Pigment will then “scab” and begin to flake off in the next 5-7 days.
- It is important that you don't pick at scabs; this can cause hypo-pigmentation and possible scarring.
- Most patients will require 2-4 treatments to achieve desired results.

- You may want to schedule a follow up treatment with our Aesthetician 1 week post treatment to help exfoliate excess pigmentation.
- Following laser treatments it is beneficial to schedule maintenance facial treatments, and continue to use recommended skin care treatment products at home.

Post Treatment Care

- Avoid sun exposure for 2 weeks post laser treatments.
- Use of a broad spectrum UVA/UVB SPF 30 is critical when receiving any laser treatments, and is recommended for maintenance of results. Any sun exposure may darken or burn treated areas.
- Tylenol is recommended post treatment if continued discomfort occurs.
- Avoid any additional laser treatments or peels in treated areas for 2 weeks or until complete healing has occurred.
- You may apply ice packs, cool towels or aloe-vera to alleviate discomfort. Avoid any topical products until skin feels back to normal.
- Call the office if any questions or concerns arise.