



Pigmentation Laser Pre Protocols

- ❖ Before each appointment, inform the technician if there have changes in your medical history, medications or skin care products since consultation.
- ❖ Shave the treatment area within 24 hours before all appointments.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 4 weeks prior to your treatment as can make the skin reactive.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks prior to this treatment or future treatments.
- ❖ Remember that laser treatments while menstruating will make you more sensitive, as may blood thinners.
- ❖ Please clean the treatment area before appointment, leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes.
- ❖ NO jewelry or piercings can be worn near the treatment area; also, do not wear tight, constrictive clothing on the treated area; irritation can occur if skin cannot cool properly. Please wear a tank top if possible.
- ❖ Ensure you are not currently nor have been on antibiotics in the past 4 weeks. Understand that laser treatments cannot be done if you are on such medication.
- ❖ For this and future treatments you will stop using any active ingredients/photosensitive medications or products (such as Retinal, Hydroquinone or steroids) up to 7 to 10 days prior to the treatment. The reason for this is to avoid any chance of developing blisters. If you are not sure whether the medication/skin care product you are taking/using is photosensitizing, please ask your physician prior to your appointment.
- ❖ Do not use fillers or Botox within 4 weeks of any treatments in the treatment area, for this or future treatments.
- ❖ You will not come for treatment at any time if you have had a peel, chemical or other, microdermabrasion, laser, or light therapy, within 4 weeks. If you are not sure if your treatment will be a contradiction, please discuss with the technician.
- ❖ Confirm with the technician before treatment begins if you have tattoos. If a tattoo is in the treatment area, we will then proceed to cover the tattoo and make sure there's a 2-3 cm clearance from the laser treatment.
- ❖ Before the treatment begins, you will be given eye shields to wear to protect your eyes.



Pigmentation Laser Post Protocols

Erythema (redness), edema (swelling), scabbing, flaking, irritation or blistering in the treatment area will most likely occur. This may persist for several days. A white-gray discoloration of the treatment area may appear immediately following treatment and last for a few minutes to a few days. Your pigmentation may darken, lighten, fade, or even appear to have no change immediately post treatment. Laser pigmentation removal works by eliminating pigment in the surface of the skin through the body's lymphatic system. On average, it takes 4-6 weeks for your body to process the pigment. Multiple treatments may be necessary to achieve the desired results.

- ❖ No exercise, body treatment, hot tub, sauna, steams, swimming pools, or massage until skin is back to normal, 48 to 72 hours post treatment. Shower with lukewarm/cool water only.
- ❖ No bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis in between your treatments, this may make the skin reactive.
- ❖ The treatment area is very delicate and should be treated with care, gently clean with a mild cleanser, including when removing makeup. Normal skin care regimens such as makeup, deodorant, moisturizers etc. may be resumed the day after treatment if there is no extended redness, blistering or scabbing.
- ❖ You will avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. SPF 30+ is mandatory before/after/during treatments to prevent burns and other issues.
- ❖ Do not use fillers or Botox within 4 weeks post laser treatments in the treatment area.
- ❖ Do not have additional treatment such as peel, chemical or other, microdermabrasion, laser, or light therapy etc. for 4 weeks post treatment.
- ❖ Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed.
- ❖ Please only use makeup after treatment if there is no extended redness, blistering or scabbing. Do not rub or pick the treated area.
- ❖ Avoid exfoliating your skin for the first 1-2 week after treatment, or longer if needed.
- ❖ Discomfort or stinging may be evident, but usually lasts no more than 24 hours. Cool packs can be applied during this period.
- ❖ If a crust or scab develops, allow it to fall off on its own. DO NOT PICK OR SCRATCH at the area. Keep the area moist with the ointment until the crust falls off
- ❖ Do not use any active ingredient/photosensitive medications/products (such as retinal, Hydroquinone or steroids) for 7 days post treatment.