



Skin Rejuvenation Laser Pre Protocols

- ❖ Before each appointment confirm there have been no changes in your medical history, medications or skin care products since consultation.
- ❖ Patients with a history of hyperpigmentation can be prescribed a preparation containing topical bleach cream 2 to 4 weeks prior to treatment and should speak to their doctor.
- ❖ 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. This can make 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.
- ❖ Ensure you are not currently on antibiotics nor have been in the past 4 weeks. Understand 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 you are taking is photosensitizing, please ask your prescribing 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, in the past month. 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.



Skin Rejuvenation Post Protocols

- ❖ No exercise, body treatment, hot tub, sauna, steams, swimming pools, or massage, till skin is back to normal for 24 to 72 hours post treatment. Perform nothing that will raise your body temperature. Please use cold/luke-warm water when washing the treatment area.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 4 weeks prior to your treatment.
- ❖ 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.
- ❖ Immediately after treatment there may be redness treatment site, this can last from a couple of hours to a few days. Aloe Vera gel, may be used if needed.
- ❖ You will avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. SPF 30+ is mandatory before/after/during/in between treatments to prevent burns.
- ❖ Do not use fillers or Botox within 4 weeks post laser treatments in the treatment area.
- ❖ Do not have additional treatments such as but not limited to peels, chemical or other, microdermabrasion, laser, or light therapy for at least 4 weeks post treatment.
- ❖ You may experience slight redness, swelling in the treated area for up to 72 hours. If these conditions persist, treat it like a mild sunburn and apply an ice pack, cool towels, or aloe vera to affected areas.
- ❖ Do not shave/exfoliate the treated area for 3 -5 days, or until skin has cleared up.
- ❖ Avoid contact sports or any other activities that could cause bruising of the treated area.
- ❖ Stop using any Active ingredient/Photosensitive medications/products (such as Retinal, Hydroquinone or steroids) for 7 days post treatment.
- ❖ Prebook your next appointment for 6 weeks.