



## **LASER THERAPY PRE- & POST- TREATMENT**

### **INSTRUCTIONS**

#### **BEFORE TREATMENT**

- Avoid the sun or tanning booths for 4 to 6 weeks before treatment. If you are going to be treating sun exposed areas, apply sunblock (at least SPF 15) each morning for one month before treatment.
- No bleaching , plucking, electrolysis or waxing of hairs in desired treatment area for six weeks.
- If you have a history of herpes or cold sores, you may need antiviral medication. This medication should be started one day before laser treatment and continued for one week after treatment.
- You may shave as often as desired.
- Carefully shave the treatment area the evening before your laser session.
- Arrive at our facility with the treatment area clean and free of makeup (if treating the face).

#### **AFTER TREATMENT**

- There may be redness or swelling around the treated area. This may last for a few hours. The skin will be sensitive and feel similar to a sunburn. Treat the area gently by keeping the skin moisturized with either Aquaphor Healing Ointment or Aloe Vera Gel. If any blistering or scabbing develops, switch to Bacitracin Ointment and call the office.
- Do not pick, rub, or scratch the area. Do not use any irritating substances on the treated area (i.e., RetinA, glycolic acids, alpha-hydroxy acids, hair removal products, etc.) until the skin returns to normal.
- If your face was treated, your skin will be extra-sensitive to heat. Keep away from the oven for 24 hours, and maintain a cool water temperature when taking a shower or bath.
- If the treatment area will be exposed to the sun, apply sunblock (at least SPF 30) after the skin

returns to normal. If the treated area seems to darken in color, call our office for bleaching cream.

- If your face was treated, you may resume using makeup when the skin looks and feels back to normal.

- Shedding of the hair follicle may or may not occur after 5 to 7 days.

- The treated area should be ready for the next session in about 4 to 8 weeks