

# Laser Skin Rejuvenation – Pre & Post Care Instructions



BEFORE your treatment:



**MUST SHAVE** the treatment area prior to appointment. It is best to shave the area as close to your scheduled appointment as possible; shave in the shower as it delivers the closest shave. The closer the shave, the less chance of skin irritation post treatment.



**USE SUNSCREEN** with an SPF of at least 30 daily. Tanned skin cannot be treated. Sun exposure must be avoided two weeks prior to treatment.



**MUST NOT** have permanent makeup or dermal fillers on or near the treatment area. Permanent makeup may be lightened or removed by the laser. Dermal fillers will have accelerated deterioration when interaction with laser occurs.



**AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least two weeks prior to treatment.



**DO NOT** use self-tanning agents for at least two weeks before any treatment. If you have used these products, thoroughly cleanse the area with an abrasive/exfoliating scrub to remove all product two weeks prior to treatment.



**DO NOT** pluck or wax the area at least one week prior to Laser Skin Rejuvenation. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.



**MUST NOT** be on any photosensitizing medication (with a warning label against sun exposure). Please inform us if you are taking any new antibiotics or medications, as some may make your skin photosensitive and therefore we may not be able to treat you for 1-2 weeks after completion of antibiotics.

AFTER your treatment:



**AVOID** excessive sun exposure and tanning beds for at least 24 hours after treatment. Daily sunscreen with an SPF of at least 30 is vital to protecting your new luminous skin!



**AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least one week after your Laser Skin Rejuvenation.



**DO NOT** pluck or wax the area at least one week after your Laser Skin Rejuvenation. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.



**AVOID** wearing makeup on the treated area for at least 24 hours post treatment to allow maximum healing. Localized redness may be present and typically resolves within 24 to 48 hours.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.

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