

## Pre and Post Instructions for Laser Treatments

### Contraindications for Laser Treatments

- Pacemaker or internal defibrillator, or any other active electrical implant anywhere in the body.
- Permanent implant in the treated area such as metal plates, screws or an injected chemical substance.
- Current or history of skin cancer or current condition of any other type of cancer or pre-malignant moles.
- History of any kind of cancer. \*
- Severe concurrent conditions, such as cardiac disorders.
- Pregnancy and nursing.
- Impaired immune system due to immunosuppressive diseases such as AIDS, HIV, or use of immunosuppressive medications. \*
- Diseases which may be stimulated by light at the wavelengths used, such as history of Systemic Lupus Erythematosus, Porphyria and Epilepsy. \*
- Patients with history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area, may be treated only following a prophylactic regime.
- Poorly controlled endocrine disorders, such as diabetes.
- Any active condition in the treatment area, such as sores, psoriasis, eczema or rash.
- History of skin disorders, such as keloids, abnormal wound healing, as well as very dry and fragile skin.
- History of bleeding coagulopathies or use of anticoagulants.
- Use of medications, herbs, food supplements and vitamins known to induce photosensitivity to light exposure at the wavelengths used, such as Isotretinoin (Accutane) within the last six months, Tetracyclines, antibiotics or St. John's Wort within the last two (2) weeks. \*
- Face lift or eyelid surgery (if periorbital treatment is performed) within a year prior to treatment.
- Facial dermabrasion, facial laser resurfacing or deep chemical peeling within the last three months, if face is treated.
- Botox/collagen/fat injections or other methods of augmentation with injected biomaterial in the treated area within six (6) months prior to treatment. \*

- Having received treatment with light, radiofrequency or other devices in the treated area within 3-6 months (according to treatment severity) prior to treatment.
- Use of non-steroidal anti-inflammatory drugs (NSAIDS, e.g., ibuprofen containing agents) one (1) week before and after each treatment session.
- Any surgical procedure in the treatment area within the last six (6) months or before complete healing.
- Treating over tattoo or permanent makeup.
- Excessively tanned skin from sun, tanning beds or tanning creams within the last two (2) weeks.
- Use of medications that may stimulate hair growth, such as Minoxidil
- Electrolysis, waxing and plucking within 6 weeks prior to treatment.

(\*) Treatment is not recommended.

#### Pre-Treatment

- Closely shave the treatment area as close to your appointment time as possible.
- Only shave the treatment area during your treatment process, no plucking, waxing, bleaching, threading or any method of hair removal that will pull the hair out by the root. The hair must remain intact beneath the skin.
- Arrive to your appointment with clean skin; do not apply creams, lotions, or deodorant.
- Use of tanning beds, self-tanning lotions, creams, and sun exposure on the area to be treated must be avoided for 2-4 weeks prior to treatment. This is extremely important.
- Wear a broad-spectrum SPF 30 or more on the treatment area every day for the duration of your treatment process.
- If you are now or at any time during your treatment process orally or topically using photosensitive medications (antibiotics, St. John's Wort, etc.) please inform us immediately.
- Avoid aspirin and aspirin containing products for two (2) days prior to treatment.
- Avoid Retin-A on the treatment area three (3) days prior to treatment.
- If you are using a topical anesthetic, please apply 30 minutes to 1 hour before your treatment. If you need us to apply numbing cream, please make arrangements with one of our Office Coordinator's prior to your treatment.

#### Post-Treatment

- Wear a broad-spectrum SPF 30 or more on the treatment area every day for the duration of your treatment process.
- If needed, you may use cool compresses on the treatment area for the first several hours after your treatment.
- Aloe Vera gel may be applied to help soothe the treatment area.

- If possible, do not use deodorant for 24-48 hours. We understand this is difficult so apply lightly.
- Avoid sun exposure to the treatment area during the treatment process.
- Avoid sweating, saunas, swimming pools, lakes or ocean water for 24 hours after your treatment.
- If treating the bikini area, avoid any friction or chaffing for 24-48 hours after your treatment.
- Use cool water, a gentle cleanser and a soft cloth to cleanse the treatment area for 24-48 hours after your treatment.
- Avoid exfoliating scrubs or brushes for 24-48 hours post treatment.
- If you are treating over freckled or pigmented areas, you may notice these areas get darker the first couple of days. This is normal and should not be of concern. Do not try to scrub off. The area will flake off within 1-2 weeks.
- If a blister or crusting appears, or you have a histamine reaction (itching) please call our office, you may need an antibiotic ointment or a hydrocortisone cream. This is a possibility with any laser or IPL treatment.
- Make-up can be applied to the treatment area if needed.