

Pre and Post Treatment Instructions for Laser Hair Removal, Photofacial & Resurfacing

Pre Treatment Instructions:

Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 4 to 6 weeks before and after treatments.

Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior. Let our staff know if you have a history of hyperpigmentation.

You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.

Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.

Anticipate a social “down-time” of 2-5 days before any redness, swelling and sloughing of the sunspots has subsided.

Avoid alcohol for 48 hours prior to treatment. Avoid blood thinners, aspirin, ibuprofen, ginkgo biloba for 2 weeks pre-treatment.

For Laser Hair Removal Only:

Shave the area to be treated within 24 hours of your session. Please do not wax, pluck or tweeze the hair prior to your session. Hair removal creams should be avoided as well.

On the day of your appointment:

Come to your appointment with a clean face- remove all makeup if area to be treated is the face.

If applicable, dress so that you may modestly expose the treatment area.

Post Treatment Instructions:

You may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours. Skin redness is normal and may last a few days. There may be a slight amount of swelling. Crusting or blistering is uncommon and not serious. Pigmented areas may begin to flake after a few days.

Cold compresses may be useful for the first 24 hours.

Your skin will be fragile for 2-3 days. Use gentle cleansers, do not rub the skin and avoid hot water during this time.

Do not use your Clarisonic or a loofah for one week.

Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated for one week.

Makeup can be applied immediately (if the skin is not broken).

Avoid the sun and use sun block.

Avoid excessive heat or friction to the treated area (heavy exercise, saunas, heavy clothing)

Sun spots and age spots will DARKEN with the IPL treatments BEFORE they begin to respond and resolve. This is expected and a normal part of the IPL process. Do not pick these spots once they become dry. They will lift and fall off on their own.

Avoid alcohol after your procedure. Alcohol significantly raises your body temperature and can result in blisters or increases redness and swelling.

Please contact us as soon as possible if you experience any blistering or increase pain. Contact us if you are concerned about infection. If any pigment changes are bothersome or persist beyond 4 weeks, please contact our office.

I have received a copy of the Pre and Post Treatment Instructions for Intense Pulse Light.

(initial)_____

Patient Print Name: _____