



Minimally Invasive Therapy Specialists

Laser And RF Skin Treatment Patient Instructions

Pre-Treatment Instructions

1. **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatment and this may not clear for 2-3 months or more.
2. Stop any topical medications or skin care products 24 hours prior to treatment.
3. You **MUST** avoid bleaching, plucking or waxing hair for 4-6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the “target” for the laser light.
4. If you have had a history of peri-oral or genital herpes simplex virus, we may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
5. The use of self- tanning skin products **must** be discontinued four weeks before treatment.
6. Do not use Accutane for at least 6 months prior to the treatment.
7. Do not use any photosensitive medications for two weeks before the procedure.
8. Do not use over the counter photosensitive products like **Retin A, Renova, Differin, Tazorac, BPO, Salicylic Acid, Glycolic Acid** etc.
9. You may not be the best candidate for laser hair removal if you suffer from Lupus, melisma, have uncontrolled diabetes, migraines, seizures or have a tendency to develop Keloids
10. Botox in treatment area within last 2 weeks.
11. Shave the area one day before the treatment. **DO NOT WAX.**
12. Do not undergo the treatment if you are pregnant or nursing.

Post-Treatment Instructions

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.
2. A topical soothing skin care product such as post-laser cream is recommended following treatment.
3. **Avoid sun exposure** to reduce the chance of hyperpigmentation (darker pigmentation) and use a **sunblock (SPF 30+)** at all times throughout the course of treatment.
4. Do not expose yourself to excessive heat for 48 hours, like steam, sauna, jacuzzi or hot yoga.
5. Avoid picking or scratching the treated skin. **Do not use** any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed.



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I acknowledge having read and understand the instructions. _____

All my questions have been answered to my satisfaction. _____

Patient Signature: _____

Patient Name: _____

DOB: _____

Email: _____

Phone: _____

How did you hear about us: _____