



PRE AND POST CARE INSTRUCTIONS || Icon Non-Ablative Fractionated Laser

Pre- Care Instructions for your laser treatment:

1. Sun exposure, tanning beds or tanning creams should be limited 1 month prior to treatment.
2. Please STOP the following cosmetic products 1 week prior to treatment: Retin-A / Tretinoin / Benzyl Peroxide / Glycolic Acid / Salicylic Acid. No peels 1 month prior to treatment.
3. Please arrive at the appointment 45 minutes before your scheduled time if you are numbing prior to your procedure. If you are not receiving numbing, please arrive 15 minutes prior to your procedure. Please be advised, running late may result in less than optimal treatment time.
4. NO make-up, perfume or lotions in the treatment area prior to procedure.
5. If your hair is longer, please have your hair tied back if possible.
6. This laser treatment is designed for minimal downtime and fast recovery. The level of discomfort is mild-moderate during the procedure. Tylenol can be taken 30 minutes before your procedure if needed.

Post- Care Instructions after your laser treatment:

1. Avoid direct sun-exposure for at least 1 week following your treatment. Always wear sunscreen (zinc oxide with an spf of 45 or more is advised) to help maintain results.
2. It is normal for the area to feel similar to sunburn for several hours following the treatment.
3. It is normal to have dark pin-point spots / scabs as well as blotchy redness and minimal swelling following your laser treatment for 24-72 hours. Full recovery may take 7-10 days.



Sleep & Wellness Medical Associates, LLC

Mahmood I. Siddique, D.O., FACP, FCCP, FAASM

Board Certified in Pulmonary Diseases, Critical Care

Internal Medicine and Sleep Medicine

Clinical Associate Professor of Medicine

UMDNJ-Robert Wood Johnson Medical School

4. Apply gentle moisture as needed following your procedure until all peeling and flaking has stopped. Avoid heavy moisturizers like Aquaphor or Vaseline to minimize acne breakouts after.
5. If your chest was treated, the treated area may be dryer & itchier. Apply moisturizer as needed. Pigmented sun spots will darken and slowly flake and fade within 1-2 weeks of treatment.
6. You may resume normal activity the following day.
7. You may wear make-up the following day.
8. You may resume cosmetic products (listed above) once all redness/ peeling and scabbing has healed. Typically between 1-2 weeks after the procedure.
9. Please make a follow up visit with your Water's Edge Dermatology Practitioner 2 weeks post-procedure.