

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

You will be or have received treatment with a **Laser or Light Source Equipment**. The treated area is very delicate and should be treated with care. Please read and follow these instructions.

**PRE-LASER/LIGHT CARE INSTRUCTIONS:**

- For any Laser/Light treatments we advise no other treatment or creams on the skin for the day of your treatment.
- Avoid tanning beds for the duration of any Light/Laser treatments. Your first session should only be after 2-3 months after your last tanning bed session.
- Avoid excessive sun exposure during your treatments. If sun exposure is expected, use a Sunblock of SPF30 or higher to prevent pigmentation changes.
- If you are using any creams - e.g.: bleaching creams, creams for acne or hair removal creams - you must stop using this two weeks before your first treatment. If you are on/or have been using the prescription drug Accutane you **must** please inform your technician.
- Very dark skin types must use Ultraquin 4%, 4 weeks prior and continue use throughout the treatment time, this will be prescribed by the attending physician.
- Please inform us if you have or is prone to any form of Herpes Simplex (Cold sores) in any area that we are going to perform treatments. Same routine for genital herpes.

**POST-LASER/LIGHT CARE INSTRUCTIONS:**

- Discomfort or stinging may be evident, skin feels and look like a sunburn/ windburn, hot to touch like it was scolded with hot water, but usually lasts no more than 12-24 hours.
- There will be redness and/or occasional blistering of the treated areas. Do **not rub, scratch, or pick** at the treated area for as long as the redness and swelling is present.
- This Medi-Spa is physician supervised - if the area becomes tender, reddened or shows signs of infection, please contact the Clinic immediately.
- Avoid swimming and the use of perfume or deodorant for as long as the redness and swelling is present. Please do **not** apply any make-up while the area is red and swollen. Do not use hairspray on or around the treated area.
- Do **not** rub with a towel or facecloth as the area extremely delicate while the redness and swelling are present. Avoid irritation to the area and keep clothing from rubbing the area while redness and swelling are present. If the legs are treated, do **not** take a bath for the first 48 hours as the heat may cause additional discomfort. Lukewarm showers are recommended, but gently pat the area dry. Be careful with hot water and do **not** bathe the area with hot water until well healed.
- Any discomfort you may have can be relieved with regular strength Tylenol.
- If swelling persists longer than 24 hours, ice compresses may be applied. For facial swelling, sleep with your head elevated. For ankle swelling, when legs are done - do **not** stand for long periods at a time.
- Apply Aloe, Afterburn - sunburn relief, Polysporin, Bactroban, Fucidin or Vitamin E, or any cream that you would use for sunburn relief. If the skin itch because of hair expulsion - **please do not scratch** use an anti-itch cream.
- After the red discoloration disappears - hyperpigmentation (brown coloring) or crusting/scabbing may be present for two weeks or more. The area may look like a "cat-scratch", this should resolve within 2-14 days. If this occurs, use a Polysporin cream. **DO NOT RUB** your skin.
- Any pigmented areas could "crust" or "flake", this is a positive sign and should resolve within 2-14 days.
- Avoid contact sports during the healing period (if any scabbing or crusting is present) to avoid any possibility of trauma to disrupt the skin.
- **VERY IMPORTANT** - Avoid excessive sun exposure for 4 weeks after your treatment. Use a Sunblock - SPF30 or higher. Your skin is now sensitive and you can easily burn in the area that was treated.

***It might be impossible to get permanent results. Even though the skin may be "rejuvenated" for long periods, it might return in the future. The fact that the area responded to treatment and was enhanced for an extended period almost invariably means it will respond to future treatment. Laser/Light skin "rejuvenated" areas should be treated once every three weeks for five sessions, then maintenance as prescribed by the physician.***

***It might be impossible to remove the lesion forever. Even though the lesion may be diminished or "disappear" for long periods of 3-6 months, it might return in the future. The fact that the lesion responded to treatment and was disabled for an extended period almost invariably means it will respond to future treatment. The treatment area usually requires 2 or more sessions 2-12 weeks apart as per prescribed by the physician.***