
Pre Instructions for Laser

- Use a moisturizer with 30+ SPF to protect your skin from sun exposure.
- Stop any medications that may cause excess bleeding
- Discontinue antibiotics (if advised by your general physician)
- Stop retinoids 7 days before and after treatment.
- Do not use retinol, Retin A (tretinoin), or glycolic acid products 7 days before treatment.
- Avoid waxing, threading, or tweezing in treated area 4 weeks before.
- Do not shave 24 hours before treatment.
- Avoid wearing perfume, makeup, deodorant, lotions or any skin irritants on the day of appointment.
- Drink water before and after your treatment.
- Avoid sun exposure 2 weeks before and after treatment. If already tanned, you just wait 4 weeks before treatment. Any color can cause side effects to the skin.
- Artificial tanners must be stopped 3 weeks before your treatment.
- Discontinue aspirin, ibuprofen (Advil, Motrin) and Vitamin E capsules 7 days prior to treatment.

Medications to avoid 2 weeks prior to treatment:

- Antibiotics
- Anticancer drugs
- Antidepressants
- Antiparasitics.
- Antihistamines.
- Benadryl, Claritin, and Periactin.
- Antihypertensives
- HCTZ

Post Instructions for Laser

- It may feel like you have a sunburn for 4-6 hours after you're finished. Ice packs or a cool washcloth can help you feel better.
- Your skin may be red or bruised for a day or two. Some of your brown spots may get darker, but they should peel off within a few weeks.

While you heal:

- Don't put on makeup if your skin hurts.
- Use moisturizing lotion or cool gel such as Aloe Vera.
- Protect yourself with sunscreen. Make sure it has an SPF of at least 30 and a physical blocker like zinc. Reapply it every 2 hours even if it's not sunny outside.
- Wash your face with cleanser for sensitive skin.