



PRE AND POST CARE FOR LASER TREATMENTS

PRE:

- Avoid the sun for 4-6 weeks before and after the treatment.
- Avoid electrolysis, plucking, and/or waxing for 6 weeks prior to treatment.
- If you have a history of herpes, prophylactic antiviral therapy must be started the day before treatment and continued one week after treatment.
- The use of tanning creams, tanning beds, or bronzers must be discontinued before and for 4 weeks after treatments.

POST:

- Immediately after treatment there may be erythema (redness) and edema (swelling) at the treatment site. This usually lasts 2 hours or longer, and in rare cases up to 10 days. The treatment area may feel like a sunburn for a few hours after the treatment.
- Be sure to treat your skin gently after this treatment. Avoid touching your treated area, especially your face, and do not pick or scratch the treated area. Avoid exfoliating products, however, you can clean your skin gently with cleanser like Cetaphil and CeraVe Moisturizing Cream. Do not use any salicylate or retinol products for 2 weeks post treatment. MENDs fall off 3 days to 6 weeks post procedure.
- Apply Aloe Vera gel and/or ice packs after treatment as needed for comfort.
- Hydrocortisone may be used for 3-5 days post treatment.
- No heat, such as saunas, steam rooms, Jacuzzis, extremely hot showers, or strenuous activities. No prolonged heat for a minimum of 24 hours after treatment.
- **Avoid sun exposure and tanning beds and products for at least 4 weeks to avoid hypo-pigmentation and hyper-pigmentation.**