



LASEMD ULTRA LASER PRE/POST TREATMENT PROTOCOLS

Patient Pre Treatment Instructions:

- In the weeks prior to the procedure avoid skin irritation or tanning, and discontinue any irritant topical agent. Please review the contraindications to this procedure on the following pages.
- Please arrive for treatment with clean skin. No lotion, make-up, perfume, powder, bath/shower oil should be present on the area to be treated.
- We will apply topical anesthetics, if needed, and remove completely prior to treatment.

Patient Post Treatment Instructions:

- Patients may experience a burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area.
- Keep the treatment area moisturized. After the first day, gently wash and pat the skin gently dry for two days. Do not scrub the treated area. Moisturize daily. Usually, any crust will separate naturally within 5-7 days after the treatment.
- Please do not use cosmetics which contain active ingredients such as Retinol or AHA after treatment.
- Avoid exercising for the first week post-treatment or until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- For at least 20 days after treatment, apply UV A/B sunblock daily with SPF of at least 30 and PA+++ . Use an umbrella, hat or any other available protection against sunlight while spending time outdoors.

Contraindications For Treatment:

- Certain conditions and/or medicines can cause photosensitivity, please refer to the drug manufacturer's data sheet for any precautions and contraindications relating to photosensitivity. Stop the medication if possible for 3-5 days prior to treatment.
- Allergic response to topical anesthetics, antibiotics, or other medications

- Pregnancy and/or nursing.
- Current skin cancer, or other condition of any other type of cancer or pre malignant moles.
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medications.
- History of bleeding disorders or use of anticoagulants.
- Medications: Daily anti coagulation therapy, iron supplements, herbal supplements such as ginkgo, ginseng, fish oil, ginger, garlic, Tetracycline or St. John's Wort within the last 2 weeks.
- History of diseases stimulated by heat, such as Herpes Simplex Virus 1 and 2: Do not treat if active lesions are present within the intended treatment area. Patients with a known history of frequent cold sores should begin prophylaxis prior to treatment as prescribed by their physician.

Possible Side Effects & Complications:

Excessive skin reactions.

Excessive prolonged discomfort, redness (erythema) and/or swelling (edema) should be evaluated and treated for possible infection or other conditions. When excessive parameters are used, scarring or blistering may occur.

Hyperpigmentation or hypopigmentation can result from inflammation induced by laser. However, if it occurs, it may last 3 to 6 months. Hyperpigmentation is related to the patient's skin type, and darker skin is more likely to become hyperpigmented no matter which wavelength is used. The melanocytes of dark-skinned patients tend to respond to stimuli such as lasers. Treatment with proper use of Hydroquinone and broad spectrum sunblocks will usually resolve the hyperpigmentation. If hypopigmentation or hyperpigmentation occurs, treatment should not be performed until pigmentation returns to normal. Transient textural changes should be noted and monitored but usually are resolved within 1 to 2 months and are rarely permanent.

***Please contact our office during clinic hours at 425-998-9227 or after hours at**

360-339-8438 should you have any cause for concern related to a recent procedure.