

Non-Ablative Light Treatment

Pre-Treatment Guidelines for obtaining the best results from your laser treatments:

- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinones, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products 3 days prior to your treatment.
- Please come with clean skin, no lotions, makeup or fragrance in the area to be treated.
- Avoid sun exposure or tanning 2 weeks prior to treatment. Avoid application of self-tanning lotions for 3 days prior to treatment.
- The area to be treated must be clean shaven (body or face for men).
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment.
- Patients who have used Accutane within the last 6 months CANNOT have laser services.
- Patients should not perform any physical activity that increases body temperature 24 hours prior and the day of the treatment.

What should I expect from my laser treatment?

- During your treatment you can expect slight discomfort, similar to a rubber-band snap on your skin.
- You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours.
- It is important that you allow sloughing to occur naturally. Any manual exfoliation (harsh scrubbing, picking at healing tissue, etc.) can cause hypo-pigmentation and possible scarring.

Post Laser Treatment Care:

- Avoid sun exposure for 2 weeks post laser treatments.
- Use of a broad spectrum UVA/UVB SPF 30+ is critical when receiving any laser treatments, and is recommended for maintenance of results. Any sun exposure may darken or burn treated areas.
- Tylenol is recommended post treatment if continued discomfort occurs.
Avoid any additional laser treatments or peels in treated areas for 2 weeks or until complete healing has occurred.
- You may apply ice packs, cool towels or aloe vera to alleviate discomfort. Avoid any topical products until skin feels back to normal.
- Protect your skin and treatment investment by using sunscreen! Proper and frequent application of sunscreen is always important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

If you have any concerns at any time please call us at 425-998-9227 or 425-467-1314