

PRE TREATMENT INSTRUCTIONS

TATTOO REMOVAL, HAIR REMOVAL, AND SKIN REJUVENATION



Follow these instructions. They are not just for best results. They reduce the risk of injury.

At least 2 weeks prior to treatment:

Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). For daily activities that cannot be avoided - like driving to work, school or grocery store - wear sunscreen/sunblock SPF 30+ WHICH MUST have zinc oxide or titanium dioxide.

But if these daily activities cannot be avoided AND cause more than just a few minutes of sun exposure, neither a zinc oxide or titanium dioxide nor any other sunscreen/sunblock works. With longer sun exposure, zinc oxide or titanium dioxide sunscreen/sunblock ONLY works for someone NOT getting lasered. Instead, with longer sun exposure, treatment sites must be fully covered, but NOT with regular clothing. Special, UPF (ultra-violet protection factor) clothing must be used. However, just as dangerous, invisible sunlight penetrates clouds, some even penetrate UPF clothing. Wearing UPF clothing is not an excuse for ignoring the strict rule against sun exposure, not even on a cloudy day.

These steps give an old tan time to fade (for most people), while avoiding a fresh tan. But old and fresh tans are not the only DANGEROUS tans. ALL tans are. Even temporary or fake tans, like from a sunless, self-tanning lotion.

Avoid retinoids, acids/peels, or "night" creams. They make your skin photosensitive - greatly increasing the risk of adverse reaction.

No waxing, plucking or bleaching at-least 4 weeks before treatment.

Inform us of any cosmetic injections, like Botox, fillers, etc. received during the 2 weeks before treatment

24 hours prior to appointment:

If getting laser hair removal, shave the treatment area. Results are best when shaved one day before (rather than the day of) the appointment. If you hate shaving, then instead use a depilatory cream, but that changes the best timing. For depilatory cream, results are best when used 48-72 hours before treatment.

Do not expose treatment area to ANY high temperatures, like hot tubs, saunas, welding, ovens, open flames, heat lamps, etc.

If you have EITHER (a) any history of perioral herpes simplex virus and getting laser treatment near your mouth or (b) any history of genital herpes simplex virus and getting a laser treatment near your bikini area, THEN have your doctor prescribe a prophylactic antiviral therapy medication for you to take the day before, the day of, AND the day after your treatment. This reduces the risk of a breakout.

Please notify Body Details if you took ANY cold/flu medication, OVER-THE-COUNTER medications like Nyquil, Advil, Motrin, Midol, Aleve, or anything containing Ibuprofen or Naproxen.

The day of your appointment:

The skin must be clean before treatment. Arrive with treatment area COMPLETELY free of ANY make-up, lotion, cream or oils. Avoid applying these products on the day of your treatment because some can be difficult for you to completely remove. Some require removal with soap and water. Even if you think that you completely removed it, inform your True Laser Specialist so that they know to double-check that it is safe to treat.

If treating underarms, avoid deodorant/antiperspirant on the day of your treatment.

If you used any topical anesthetic, inform your True Laser Specialist.

Drink more water than you normally do, rather than beverages made with or containing water.

Avoid coffee, tea, chocolate, or weight-loss products with caffeine. Unlike all the other warnings, this is not only for safety reasons, and is also for your comfort. Caffeine increases sensitivity to the laser. For extra comfort, 500-1000mg of Tylenol is recommended

There are foreseeable risks from these procedures, even if we do everything correctly, and what increases those risks the most is something we cannot control - whether you get "sun exposure" or otherwise deviate from these instructions.