

# LASER SKIN REJUVENATION

## Pre & Post Treatment



### PRE-TREATMENT INSTRUCTIONS

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 for 3 days prior to treatment. They make your skin photosensitive - greatly increasing the risk of adverse reaction.
- Inform us of any cosmetic injections received during the 2 weeks before treatment

#### 24 HOURS PRIOR TO APPOINTMENT:

- The treatment area needs to be shaved in order to get a thorough treatment.
- Do not expose the 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 the 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.
- 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.

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### POST-TREATMENT INSTRUCTIONS

Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as 2 weeks afterwards) greatly affects whether you suffer that reaction.

#### AT LEAST 2 WEEKS PRIOR TO TREATMENT:

**NO SUN:** Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). As explained by the "Contract for Laser Services", sunlight is NOT BLOCKED by sunscreen/sunblock, clouds, clothing, or a canopy of trees. Some of the dangerous, invisible sunlight penetrates even special, UPF (ultra-violet protection factor) clothing, so no protective step gives you an excuse for ignoring the strict, 24-hour rule against sun exposure.

**SKIN CARE:** You may use gentle cleansers like Cerave or Cetaphil, but cannot use peels, scrubs, exfoliation (including Clarisonic devices), or prescription acne medicine for 3 days after the treatment. OTC benzoyl peroxide, salicylic acid, or adapalene can be used upon an acne breakout, but small bumps are normal and require no care (they should resolve within a week).

**MAKE UP:** Do not apply makeup until the morning after your treatment.

**REST:** Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments. Treatment sites that are damp/sweaty and hot will promote bacteria.

**REDNESS:** Skin may be red for approximately 8-36 hours. Redness will fade gradually, but some areas regain their normal color sooner.

#### AFTER THE FIRST 24 HOURS:

**SKIN CARE:** You may resume your regular skin care routine 3 days after treatment.

**SUN:** If possible, continue to avoid sun exposure for at least 2 weeks after treatment. After that 2 weeks, whenever outdoors use a micronized zinc sunscreen/sunblock of SPF 30+, and reapply as it sweats or rubs off.

**ITCHING:** You may take oral Benadryl or use 1% Hydrocortisone cream.

**RESULTS:** It may take up to 6 weeks to see the full benefit from the treatment.

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.