

# **Treatment: Permanent Hair Reduction**

## **Pre Treatment Instructions:**

- ***Discontinue sun tanning and the use of tanning beds and self tanning creams 4 weeks before*** and throughout the treatment course.
- ***Always use SPF 30 or greater sunscreen*** on all exposed treatment areas and re-apply every 2 hours throughout the day.
- ***Discontinue use of exfoliating creams such as Retin-A*** and other skin exfoliating products 2 weeks prior to and during the entire treatment course.
- Treatment area should be closely shaved before 1<sup>st</sup> and any subsequent treatments.
- Refrain from tweezing, waxing, sugaring, electrolysis or other epilation methods for at least 4 weeks prior to treatment and for the duration of the treatment.
- It is best to trim excess hair during the course of the treatment.
- If you have a history of herpes outbreaks in the area of treatment you should consult your Primary Care Provider for medical evaluation and possible prophylaxis prior to treatment.

## **Post Treatment Instructions:**

- Mild-sunburn-like sensation is expected. This usually lasts 2-24 hrs but can persist up to 72 hrs.
- ***Apply cool wet cloths to the treatment areas for 15 minutes*** every 2-4 hours until symptoms subside.
- ***Bathe or shower as usual.*** Treated areas may be temperature sensitive. Cool showers or bath will offer relief.
- ***Avoid aggressive scrubbing, use of exfoliates, scrub brushes and loofa sponges until the treatment area has returned to its pretreatment condition.***
- Avoid sun exposure to treated areas, as well as the use of sun tanning beds and self-tanning creams.
- ***Use SPF-30 sunscreen*** if sun exposure is unavoidable. Sun avoidance will decrease the likelihood of skin color changes.
- ***Appearance of hair growth or stubble will continue for 7-30 days post treatment. This is not new hair growth, but the treated hairs being purged from the skin.***
- Hairs that were in resting phase at the time of treatment may enter the active phase in 1 to 6 months depending on the body area.
- Follow up treatments may be performed within 1-2 weeks of new hair growth
- Avoid swimming, hot tubs/Jacuzzi, and excess exercise for 7 days after treatment or until redness resolves.
- If blisters occur, apply antibiotic ointment to the areas 2 times a day until healed
- ***Do not pick or remove scabs or crusting: this will help to decrease the chance of infection and scarring.***

## Treatment: Pigmented and Vascular Lesion

### Pre Treatment Instructions:

- **Discontinue sun tanning** and the use of tanning beds and self tanning creams 4 weeks before and throughout the treatment course. This will reduce the chance of skin color changes, and development of new lesions.
- **Always use SPF 30** or greater sunscreen on all exposed treatment.
- **Discontinue use of exfoliating creams such as Retin-A** and other skin exfoliating products 2 weeks prior to and during the entire treatment course.
- Treatment area should be closely shaved before 1<sup>st</sup> and any subsequent treatments.
- If you have a history of herpes outbreaks in the area of treatment you should consult your Primary Care Provider for medical evaluation and possible prophylaxis prior to treatment.
- An accurate diagnosis by a physician of brown spots prior to treatment is necessary before treatment of lesions.
- Be aware there is the possibility of coincidental hair loss when treating pigmented lesion in hair bearing areas.
- Topical anesthetics are not recommended for treatment of vascular lesions because of potential vasoconstriction that renders treatment less effective.

### Post Treatment Instructions:

- **Mild-sunburn-like sensation is expected.** This usually lasts 2-24 hrs but can persist up to 72 hrs.
- The lesion may look **raised and/or darker with a reddened perimeter. Don't worry –this is normal.** Apply cool wet cloths to the treatment areas for 10- 15 minutes for the next 4 hrs to reduce discomfort and heat sensation.
- The lesion will gradually turn darker over next 24-48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs/crusting and **will start flaking off within 2 to 3 days.**
- **Bathe or shower as usual.** Treated areas may be temperature sensitive. Cool showers or bath will offer relief.
- **Avoid aggressive scrubbing, use of exfoliants, scrub brushes and loofa sponges** until the treatment area has returned to its pretreatment condition.
- Avoid sun exposure to treated areas, as well as the use of sun tanning beds and self-tanning creams.
- **Use SPF-30 sunscreen** if sun exposure is unavoidable. Sun avoidance will decrease the likelihood of skin color changes.
- **Do not pick or remove scabs or crusting: this will help to decrease the chance of infection and scarring.**
- The lesion is usually healed in 7-30 days. It will continue to fade over the next 2-4 weeks
- Be aware of the likelihood of coincidental hair removal when treating pigmented lesion in hair bearing areas.
- The vessels undergo immediate graying or blanching. Vessels either fully or partially resolve in about 10-14 days; areas of diffuse flushing gradually fade leaving skin with normal appearance.
- Until redness has completely resolved **avoid all of the following:** applying cosmetics near treated areas, swimming (especially in pools with chemical/chlorine), hot tubs/Jacuzzi, activities that cause excessive perspiration, avoid sun exposures to treated areas.

# SKIN REJUVENATION, ROSACEA & VEINS, and non-ABLATIVE WRINKLE WORK AFTER CARE FORM

## Post Treatment Instructions:

1. Immediately after the treatments, you should ***apply an ice pack***, as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress if needed. ***Avoid any trauma to the skin for up to 2-5 days***, such as bathing with very hot water, strenuous exercise, or massage.
2. ***Avoid picking or scratching the treated skin*** to achieve your best results. If any crusting, apply antibiotic cream. Some physicians recommend aloe-vera gel or some other after sunburn treatment such as Desitin. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe-vera gel or an antibiotic ointment longer. Follow instructions as specified by your laser professional.
3. Makeup may be used after the treatment has quit swelling unless there is epidermal bleeding. It is recommended to use new makeup to reduce the possibility of infection. Keep the area moist. Any moisturizer without alpha-hydroxy acids will work.
4. You may shower after the laser treatments in tepid water. The treated area may be washed gently with a mild soap. ***Skin should be patted dry and NOT rubbed.***
5. You will experience redness and bruising from five to fourteen days at the treatment. ***Avoid direct sun exposure and tanning beds for 1-2 months and throughout the course of the treatment so as to reduce the chance of dark or light spots. Use sunscreen SPF 30*** or higher at all times throughout the treatment when going outside.
6. Avoid tweezing, waxing, bleaching or chemical peels during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide or astringents.
7. If work on the leg has been done, wear compression stockings for 48 hours and then during the day while on feet for up to two weeks.
8. Call your physician's office with any questions or concerns you may have after the treatment.
9. Until redness has completely resolved **avoid all of the following**: applying cosmetics near treated areas, swimming (especially in pools with chemical/chlorine), hot tubs/Jacuzzi, activities that cause excessive perspiration, avoid sun exposures to treated areas.