

## PRE-TREATMENT INSTRUCTIONS

### **Hold Off On The Sun, Spray Tan and Artificial Tanning**

- Sun exposure, including tanning beds and the application of sunless tanning products, must be avoided for 2 weeks prior and after the treatment, preferably 4 weeks.

### **Tell Us About Any New Medications – VERY IMPORTANT**

- If you start any new medications – like an antibiotic or any herbal supplements, please let us know. Some medications can make you sensitive to light so please tell us about anything new to avoid any unwanted reactions. We will ask you about this prior to every treatment.

### **Tell Us About Any Changes in Your Health Status.**

- If you have any changes, please let us know. This is very important if you become pregnant. We can NOT treat you if you are pregnant.

### **The area to be treated must be clean.**

- We will clean the area but it is best that you arrive free of any lotion, makeup, and sunscreen.

### **What about Pain**

- You CAN take Tylenol 45 minutes prior to your treatment but avoid Motrin, Advil and Aspirin as they tend to thin the blood and promote bruising.
- Do Not Use Retin-A, Retinols, AHA's (alpha-hydroxy acids) or other topical acid products, as well as lightening agents on skin 5-7 days prior to treatment.
- Do not have your laser treatment done under the influence of alcohol or drugs. This can cause thinning of the blood, which can lead to increased bleeding and other more serious problems.

### **Numbing – You can numb for a fee ranging from \$40**

- If you want to numb the area prior to your treatment, please tell the front desk and we will schedule an extra 30 minutes prior to your treatment. We will apply a medical compounded numbing cream 20 minutes prior to your treatment. There is an extra fee to numb the area and the cost depends on the size of the area we are treating.

## WHAT TO EXPECT ON THE DAY OF YOUR TREATMENT

### **Try To Relax**

- Everyone is nervous but our treatments are usually very fast. We wish it were painless but do our best to make you feel comfortable.

### **Sign the Consent and Tell Us About Anything that is New with your Health.**

- We know it is a pain but we will ask you to sign a consent prior to every treatment. Please take time to read, sign and date it. If you start any new medications, please let us know. If you become pregnant or are thinking about becoming pregnant, please let us know.

### **Even Though You May Hate it – We have to take your Photo**

- This helps all of us track progress. The nurse will take before photos, please feel free to ask any questions regarding your care. No question is a bad question. We want to make you feel as comfortable as possible.

### **Your Safety Is Our Priority**

- The area will be cleaned and cooled with our Zimmer (just like a hair dryer that blows cool air). This is to help make the treatment more comfortable.
- The nurse will give you protective eyewear to protect your eyes. Everyone who is in the room must wear protective eyewear.

### **Changes to the Laser Setting During Your Treatment Is Normal.**

- The nurse will carefully adjust the settings to ensure a good treatment. It is common to give several pulses and then stop to see how the skin is reacting. Sometimes the settings are adjusted multiple times during a treatment to ensure the treatment is effective. This is normal.

### **If you need for us to Stop – Just tell Us.**

- We know it isn't easy but please try to stay still. Any movement you make has the potential to jostle the nurse. If you need the nurse to stop, just tell her and we can take a break.

### **When It is Over**

- The nurse will cool the skin again, take a post treatment photo, apply aloe and cover the treated area with a bandage.

### **Schedule Your Next Appointment – 2-4 weeks apart – Can be longer**

## POST TREATMENT INSTRUCTIONS

### **What to Expect When You See The Area**

- Red – it is going to be red.
- Don't worry – this means you had a great treatment and the best part of it is that it will subside within 24 hours.

### **Try Not To Touch It**

- Let your skin rest. It will look and feel like you got a bad sunburn. You may feel a little tightness. All of this is normal.

### **What Can I Put On My Skin?**

- LESS IS THE BEST
- For the first 24 hours, we recommend applying Hyalis by NeoCutis (this product will be applied after your treatment and it feels *amazing!*) You will also need to apply sunscreen.
  - Hyalis is also known as Hyaluronic Acid (HA). HA is naturally found in our bodies and is a building block of healthy skin. This product loves water and can "absorb" it like nothing else on the market. When it is applied to the skin, it sits within the skin and acts like "rain collector" in that it absorbs water. Its ability to plump up with water hydrates your skin and gives it a youthful appearance.
- If you are prone to breakouts, we suggest not applying anything on the skin for 24 hours.
- Avoid exercising and swimming for 24 hours.
- You can resume your regular skincare routine once the redness dissipates – 1-3 days.

### **Stay Out Of The Sun**

- Avoid sun exposure to the treatment area. If you must be in the sun, we recommend that you cover the tattoo or you apply a thick layer of 30+ SPF sunblock with zinc oxide. We recommend that you reapply every 2 hours.

**Call Us If You Have Any Questions – 505-888-1185**