



## Skin Rejuvenation Pre and Post Treatment Instructions

*Thank you for choosing TLC Laser & Skincare for your Skin Rejuvenation treatments. By carefully following these instructions you will help achieve the best results possible.*

### Pre-Treatment

- Refrain completely from unprotected sun exposure, use of tanning beds, or tanning creams in the areas to be treated, 4-6 weeks prior to treatment, and for the duration of your treatment. Darkly pigmented skin may absorb a portion of the energy that should be targeting pigmented/vascular lesions and could cause prolonged pigment changes that could last 6-12 months.
- If you have a history of cold sores or herpes in the area to be treated, you will need to take a prescribed antiviral medication to prevent an outbreak post treatment. An antiviral medication can be prescribed by our physician. Please notify our office immediately should you develop any outbreak or rash of any kind during treatment. Treatment will need to be postponed until it clears.
- Refrain from use of topical creams, astringents, or irritants such as Retin-A, glycolics, toners and AHA in treatment area one week prior to and one week after treatment.
- Should you desire or need a topical anesthetic, we can recommend an effective product for you.
- Avoid chemical peels, mechanical exfoliants (microdermabrasion, dermaplaning, and waxing) 2 weeks prior and after the treatment.
- Fillers and other injectables should not be done with in two weeks of this treatment (before and after) in the treatment area.

### Post Treatment

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-5 days
- For pigmented lesion treatment
  - The lesion may initially look raised and/or darker with a reddened perimeter.
  - The lesion will gradually turn darker over the next 24-48 hours.
  - The lesion will progress to scab/crusting (coffee ground appearance) and will start flaking off in 7-14 days. Do not pick, scratch or remove scabs. In some cases, prolonged redness and/or blistering may occur. An ointment such as Vaseline may be applied to the affected area twice a day until healed.
  - DO NOT PICK- let them sluff off on their own.
- Apply ice or cold packs to the treatment area for 10-15 minutes every hour as needed. An oral, non-steroidal anti-inflammatory, such as acetaminophen may be taken to reduce discomfort. Use according to manufacturer's directions.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths will offer relief. Use a gentle cleanser and moisturizer.
- Avoid aggressive scrubbing and use of exfoliants, scrub brushes, loofa sponges until the treatment area has returned to its pre-treatment condition.
- Avoid use of topical skin care products containing Retin-A, retinol, glycolic acid, or salicylic acid for 1 week.
- PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT. A total sunblock containing zinc oxide or titanium dioxide should be applied daily with and SPF of 30-50. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as severe blistering and permanent skin discoloration.
- Until redness has completely resolved, avoid all of the following
  - Swimming, especially in pools with chemicals, such as chlorine.
  - Hot Tubs and Jacuzzis.
  - Activities that cause excessive perspiration.

If you have any questions or concerns after your treatment, please contact us at **262-569-7335** or after hour emergencies email at **info@tclaserandskincare.com**

*For optimum results it is imperative that you keep all your appointments. The TLC Laser & Skincare treatment plan is customized to your individual condition and your treatment schedule has a direct effect on your final results.*