

## Pre & Post Care MotusAZ+ Laser Treatments

*For best results please follow these instructions*

### BEFORE Your Treatment:

It is important that the area being treated not be exposed to the sun at least 6 weeks before the treatment. A broad-spectrum (UVA/UVB) sunscreen of 50 SPF or higher should be applied whenever area to be treated is exposed to the sun. This practice should continue between treatments and following your last treatment for at least 6 weeks. This can prevent post treatment complications such as hyperpigmentation and/or hypopigmentation.

- DO NOT use self-tanning products for at least 4 weeks prior to laser treatment.
- DO NOT use Retin-A or Renova one week prior to laser treatment.
- DO NOT take Accutane for at least 2 months prior to laser treatment.
- DO NOT take Aspirin for several days before treatment in order to avoid purpura / bruising.
- DO NOT carry out other hair removal treatments (waxing, tweezers, electric epilators) or bleaching hair for at least 1 month before the first treatment. Regular shaving is fine.
- The area should be shaved 24-48 hours prior to treatment. If hair is fine and no shadow can be seen after shaving, it is a good idea to take a photo of unshaven area to show your practitioner.
- DO NOT wear make-up, deodorant, perfumes or powder on the areas to be treated.
- Plan to avoid tight elastic at the leg opening following bikini treatments.
- If you have a history of oral herpes (fever blisters / sores) and are having your mouth area treated, you will need to have your physician prescribe suppressive therapy and take as directed.

### AFTER Your Treatment:

*Typical post treatment reactions can be*

- **Perifollicular Erythema** - slight red bumps which disappear after 1-2 days
- **Edema** - minor swelling which disappears after 24 hours
- **Erythema** - redness which disappears after 1-3 days

### Precautions

- Treat the area delicately. DO NOT rub, scratch or pick the treated area.
- If the treated area becomes tender or shows signs of infection such as pus, tenderness, or if you develop a fever, contact our office.
- Avoid using hot water on the treated area for 24 hours following treatment.
- Avoid swimming, sports, and strenuous exercise for 48-72 hours following treatment.
- Do not shave the area if crusting or blistering occurs.

### Care

- After the laser treatment it is recommended to moisturize and hydrate the skin by applying a soothing product.
- Keep the treated area clean.
- Discomfort, such as swelling or redness can be relieved applying a non-cortisone anti-inflammatory cream, preferably with a zinc oxide base, without massaging, or by applying ice. Reapply several times a day for the next few days.
- It is best not to use make-up for three days on the treated area. If make-up is a must, you should apply and remove it very delicately. Excessive rubbing can cause trauma to the area and may increase the chance of scarring or hyper-pigmentation.
- Treated hair will exfoliate or push out in approximately 2 to 3 weeks (sometimes sooner), and may appear darker and thicker before falling out.
- DO NOT shave for a minimum of 3 days post treatment.
- DO NOT occlude the underarm with deodorant for three days. Use a light powder instead.
- When showering, always gently rinse with cool or tepid water and gently pat the area dry. *DO NOT rub.*
- Apply a high-protection sunscreen to the area for 4-6 weeks after treatment. Avoid exposure to direct sunlight or sunlamp.

**Client Initials** \_\_\_\_\_ I agree that the information listed above has been reviewed and presented with my clear understanding of what the MotusAZ+ procedure involves. I acknowledge that I have received a copy of the Pre-Post Treatment Instructions. I understand and acknowledge that payments for MotusAZ+ Laser procedure(s) are nonrefundable. **I agree to use SPF 30 or higher sunblock plus protective clothing every day the treatment area is exposed to sunlight, even on cloudy days.**