

# LASER PRE/POST TREATMENT INSTRUCTIONS

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## GENERAL PRE-TREATMENT GUIDELINES (APPLIES TO ALL LASERS)

*These guidelines are designed to support safe healing, optimal results, and minimize side effects. Please read all instructions carefully before and after your treatment. If you ever have questions or experience anything unexpected, contact your provider.*

- **Notify your provider of:**

- Pregnancy or breastfeeding
  - History of cold sores/herpes in the treatment area
  - Recent Accutane (isotretinoin) use
  - Healing disorders, autoimmune disease, diabetes, or keloid scarring
  - All medications and supplements
- Avoid sun exposure, tanning beds, and self-tanners for at least 2–4 weeks prior to treatment (timeline varies by procedure).
  - Discontinue retinoids, tretinoin, adapalene, glycolic acid, salicylic acid, benzoyl peroxide, exfoliating acids, and chemical peels at least 7 days prior (some treatments require longer).
  - Avoid harsh scrubs, waxing, depilatory creams, or aggressive exfoliation in the treatment area.

- Always arrive with clean skin: no makeup, lotion, perfume, deodorant, or sunscreen on the

treatment area unless otherwise instructed.

- Avoid sun exposure, tanning beds, and self-tanners for at least 2 –4 weeks prior to treatment (timeline varies by procedure).

## QUESTIONS OR CONCERNS

If you have any questions, concerns, or are unsure whether a product, medication, or activity is safe before or after your treatment, please call or text our office. We are always happy to help guide you and would much rather answer questions early than have you guess.

If you experience unexpected reactions, increasing pain, signs of infection, or anything that does not feel normal, please contact us immediately at 425-299-9379.

## IPL "Photofacial" Laser

### **IPL PRE-TREATMENT**

- Treatment area must be free of makeup, lotion, perfume, and sunscreen.
- Male patients should shave the area prior to treatment.
- Avoid sun exposure, tanning beds, and self-tanners for 4 weeks prior.
- Stop retinoids, exfoliating acids, and chemical exfoliants 7 days prior.
- Use SPF 30+ daily leading up to treatment.
- If prone to cold sores, prophylactic antiviral medication (e.g., Valtrex) is recommended.

## **ITEMS TO HAVE AT HOME**

- Mild, fragrance-free cleanser
- Broad-spectrum mineral sunscreen (SPF 30+; zinc and/or titanium dioxide preferred)
- Gentle moisturizer
- Antibiotic ointment (Bacitracin) if skin becomes open
- Clean towel or T-shirt to place over pillowcase if ointment is used (prevents staining)

## **IPL POST-TREATMENT**

- Redness and warmth are normal and may last several hours to days.
- Apply cool (not cold) compresses as needed.
- Cleanse gently with lukewarm water; do not scrub.
- Avoid sun exposure for 1–2 weeks.
- Use SPF 30+ daily and reapply as needed.
- Avoid retinoids, exfoliating acids, and alcohol-based products until fully healed.
- Avoid heat (hot showers, saunas, hot tubs) and strenuous exercise for 24–48 hours.
- Do not pick, scratch, or exfoliate treated skin.
- Makeup may be applied after 24 hours, unless otherwise directed.

# Erbium Ablation-Resurfacing Laser

## **ERBIUM PRE-TREATMENT**

- Disclose all medical conditions, medications, and healing concerns.
- Not recommended if pregnant or breastfeeding.
- Do not proceed if Accutane has been used within the past 12 months.
- Avoid sun exposure and all exfoliating products for 2–4 weeks prior.

## **ITEMS TO HAVE AT HOME**

- Gentle cleanser
- Aquaphor or provider-recommended ointment
- Clean washcloths
- Clean towel or T-shirt to cover pillowcase (ointment will stain)
- Extra pillow for head elevation
- Broad-spectrum mineral sunscreen (after re-epithelialization)

## **ERBIUM POST-TREATMENT**

- Redness, swelling, and oozing are expected.
- Use cool compresses 10–15 minutes as needed.

- Clean gently as instructed; do not scrub.
- Keep skin continuously moist with Aquaphor or prescribed ointment.
- Do not apply other skincare products unless approved.
- Avoid sun exposure, exercise, and heat.
- Sleep with head elevated for 2 days.
- Do not pick or scratch healing skin.
- Hydrate well and rest.

## CO2 Laser Treatments:

### **CO2 PRE-TREATMENT**

- Hydrate well for 2 days prior.
- Avoid sun exposure for 2 weeks prior.
- Avoid alcohol, NSAIDs (aspirin, ibuprofen, naproxen), fish oil 24 hours prior.
- Bring a hat and sunglasses for facial treatments.

### **ITEMS TO HAVE AT HOME**

- Gentle cleanser or vinegar solution (1 tsp white vinegar per 8 oz water)
- Aquaphor & provider-approved ointment

- Clean washcloths
- Clean towel or T-shirt for pillowcase protection
- Mineral sunscreen (zinc/titanium)
- Hat and sunglasses

#### **CO2 POST-TREATMENT (4 HOURS AFTER)**

- Apply ointment at home

#### **CO2 POST-TREATMENT (DAY 1–4)**

- Swelling and redness are normal.
- Clean skin gently 2x daily.
- Keep skin moist with ointment at all times.
- No other skincare products unless approved.
- Avoid sun, heat, exercise, and picking.
- Sleep elevated.
- Hydrate aggressively.

#### **CO2 POST-TREATMENT (DAY 5–10)**

- Skin may remain pink; healing varies.

- Avoid sun exposure for 4 weeks minimum (up to 6 months for best results).
- Use mineral SPF daily.
- Resume makeup and exercise only when approved.
- Darker skin tones should notify provider immediately if pigmentation changes occur.

## Radio-Frequency Microneedling

### **RF MICRONEEDLING PRE-TREATMENT**

- Disclose pregnancy, medications, implants, cold sore history, and recent procedures.
- Stop Accutane 6 months prior.
- Avoid tanning and sun exposure 2 weeks prior.
- Discontinue retinoids & acids 7 days prior.
- Avoid NSAIDs 1 week prior.

### **ITEMS TO HAVE AT HOME**

- Gentle cleanser
- Moisturizer
- Hydrocortisone cream (if approved)

- Vinegar solution (1 tsp white vinegar per 8 oz water)
- SPF 30+
- Clean towel or T-shirt for pillowcase if ointments are used

## **RF MICRONEEDLING POST-TREATMENT**

- Redness, swelling, and tenderness are expected for 1–3 days.
- Do not pick or scratch micro-scabs.
- Avoid heat, sweating, massage, exfoliation for 48 hours.
- Moisturize regularly.
- Vinegar spritz may be used for burning sensation.
- Ice packs may be applied (no direct ice).
- Makeup allowed after 12 hours.
- Avoid sun exposure and tanning beds for 2 weeks.
- Use SPF daily.

## **Laser Hair Removal**

### **LASER HAIR REMOVAL PRE-TREATMENT**

- Do not wax, tweeze, or epilate.

- Avoid sun exposure 4–6 weeks prior.
- Arrive with clean, product-free skin.
- Shave 1 day prior.

## **LASER HAIR REMOVAL POST-TREATMENT**

- Redness and swelling are normal.
- Apply cool compresses as needed.
- Avoid sun exposure until redness resolves.
- Avoid picking, scratching, or hair removal methods that disturb follicles.
- Clean gently for 3 days, exfoliate starting day 4.
- Hair shedding 5–10 days post-treatment is normal.
- No special bathing restrictions beyond gentle care for 24 hours.

## **Laser Treatments for Vascular Irregularities**

### **VASCULAR PRE-TREATMENT**

- Stop blood-thinning supplements/medications (if medically approved) 1 week prior.
- Do not stop prescribed aspirin without physician approval.
- Disclose medical conditions, infections, or scarring history.

- Avoid Accutane within 12 months.
- Avoid sun, heat, and vigorous activity planning post-treatment.

## **ITEMS TO HAVE AT HOME**

- Gentle cleanser
- Moisturizer
- SPF 30+
- Cool compress
- Clean towel or T-shirt if ointments are used

## **VASCULAR POST-TREATMENT**

- Redness, swelling, or mild bruising are expected.
- Use cool compresses as needed.
- Avoid sun exposure for 1–2 weeks.
- Avoid heat and strenuous activity for 48 hours.
- Use SPF daily.

## **Tattoo Removal**

### **TATTOO REMOVAL PRE-TREATMENT**

- Avoid sun exposure 2 weeks before and after.
- Avoid NSAIDs 3–7 days prior.
- Cold compress may be applied before treatment.

### **ITEMS TO HAVE AT HOME**

- Mild cleanser
- Healing or antibiotic ointment (as directed)
- Sterile bandages (if advised)
- Loose clothing
- Clean towel or T-shirt for pillowcase protection
- SPF 30+

### **TATTOO REMOVAL POST-TREATMENT**

- Redness, swelling, and tenderness are normal.
- Clean gently after a few hours.
- Apply ointment as directed.
- Avoid friction, soaking, and sun exposure.
- Do not pick or scratch scabs.

- Avoid sweating and strenuous activity for 24–48 hours.
- Use SPF once healed.
- Contact provider for signs of infection.

*Healing timelines vary by individual and procedure. Following these instructions closely helps reduce complications and improves results. Always defer to your provider's specific instructions if they differ from the above.*