

PLEASE FOLLOW THESE IMPORTANT STEPS BEFORE and AFTER TREATMENT

Pre Treatment Care

- * **DON'T** use any prescription strength or aggressive skin care products one week prior to treatments.
- * **DON'T** use Accutane. Laser treatments cannot be performed on patients who have been using Accutane for at least 6 months.
- * **DON'T** wear make-up, deodorant, perfumes or powder on the areas to be treated.
- * **DON'T** have another treatment, unless recommended.
- ⚠ **Avoid SUN EXPOSURE** on the treatment area for at least 4 weeks prior to your treatment. This includes tanning beds. Treatments cannot be done on areas with a sun tan or sun burn. Use Sunscreen with minimum SPF 30 to avoid sun exposure.
- ⚠ **DELAY** use of Tretinoin, Retin-A, Renova, Differin, Tazorac, Avage, EpiDuo, Ziana and high-percentage AHA and BHA products for approximately seven days prior to treatment. Consult your Physician before temporarily discontinuing use of any prescription medications.
- ⚠ **DELAY** applying makeup for approximately 15 minutes so the pH of the skin can stabilize. Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness. Most patients find it unnecessary to apply makeup, as the skin will be smooth, dewy and radiant following treatment.

Post Treatment Care

- * **DON'T** pick, scratch or remove scabs.
- ⚠ **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 2-3 days.
- ⚠ **AVOID** applying cosmetics to treated areas.
- ⚠ **AVOID** swimming especially in pools with chemicals, such as chlorine.
- ⚠ **AVOID** hot tubs and saunas.
- ⚠ **AVOID** activities that cause excessive perspiration.
- ⚠ **AVOID** sun exposure and tanning to treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
- ⚠ **AVOID** aggressive scrubbing and use of exfoliants on the treated area.
- ✅ **Apply** ice or gel packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed.
- ✅ **An oral**, non-steroidal anti-inflammatory medication, such as acetaminophen, may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- ✅ **DO** bathe or shower as usual, however, treated areas may be temperature-sensitive.
- ✅ **EXPECT** that the lesion may initially look raised and/or darker with a reddened perimeter.
- ✅ **EXPECT** that the lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- ✅ **EXPECT** that the lesion will progress to scabs and/or crusting and will start flaking off in an average of 7-21 days.
- ✅ **EXPECT** that the lesion will usually heal in 21-30 days. It will continue to fade over the next 6-8 weeks.

✔ **EXPECT** that the vessels may undergo immediate greying or blanching, or they may exhibit a slight purple or red colour change. The vessels will fully or partially fade in about 10-14 days.

Cautionary Criteria

Cautionary criteria for light therapy includes, but is not limited to:

- ✘ **Clients** with a history of abnormal or severe response to sunlight
- ✘ **Clients** with a suntan, or who have tanned in the past 6 weeks
- ✘ **Clients** who will be exposed to excessive sunlight for a few weeks following treatment
- ✘ **Clients** with connective tissue disease
- ✘ **Clients** with auto immune disorders
- ✘ **Clients** who have undergone chemotherapy or radiation treatments 6 months prior to treatment
- ✘ **Clients** who are pregnant
- ✘ **Clients** who have taken Accutane medication prior to treatment
- ✘ **Microdermabrasions & Peels** should be performed two (2) weeks before and two (2) weeks after each photo rejuvenation treatment.
- ✘ **Topical Retinoid, AHA creams, Salicylic Acid, Benzyl Peroxide** must be discontinued seven (7) days prior to any skin rejuvenation treatment. The use of these products can be restarted seven (7) days post last treatment. In general, we advise clients to stop using these products during the treatment series. Topical Retinoid (vitamin A) must be discontinued 6 weeks prior to treatment.
- ✘ **Botox & dermal fillers** should be performed at least two (2) weeks prior any facial rejuvenation procedure.