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Aerolase Pre and Post Treatment Instructions

PRE TREATMENT

- Avoid sun exposure for 1 to 2 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products for 1 to 2 weeks prior to and/or post treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) or Hydroquinone at least 2 or 3 days prior to treatment.
- Many medications that are sun sensitive will also make you more sensitive to the laser. Please disclose any medications that you may be taking.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day prior to your laser hair treatment.
- Notify the center if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.
- Longevity of Botox and fillers done any time within 6 months prior to face treatment may be affected. Botox done within 2 weeks prior to treatment is not recommended.
- If a smoker, decrease smoking as much and as long as possible before and after procedures to minimize the risk of delayed or impaired wound healing.
- Let your practitioner know ahead of time if you have any of the following contraindications.

CONTRAINDICATIONS

- Presence of active facial bacterial infections
- Bleeding coagulopathies
- Oral Isotretinoin (such as Accutane) in the last 6 months
- Uncontrolled systemic disease such as diabetes, epilepsy or congestive heart disease.
- Keloid scarring

- Radiation therapy
- Prior use of collagen, fat injections or other methods of skin augmentation should wait two weeks
- Botox and dermal fillers
- Gold therapy (may cause blue-grey discoloration)
- Photosensitivity in general, or any sensitivity to the sun that causes a rash or an allergic reaction
- Herpes simplex; treatment can trigger a herpes outbreak; prophylactic antiviral therapy may be prescribed
- Systemic Lupus Erythematosus or Porphyria
- Use of permanent dermal implants has not been validated
- Tattoos/permanent makeup
- Pregnancy
- Don't treat raised lesions until checked by a dermatologist
- Immunosuppressive disease, including AIDS and HIV infection.

POST CARE

- Your skin overall may be sensitive for several days following your laser hair removal treatment.
- If your skin scabs or crusts, or you experience a burn, do not pick, rub or scratch these areas. Doing so can result in infection, permanent pigment changes in your skin or even scarring. Gently cleanse the area and apply hydrocortisone cream several times a day for one week. If the area is open, also apply a layer of antibiotic ointment over the hydrocortisone cream. Please contact us immediately if you experience any burns.
- Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment. Use of a broad-spectrum UVA/UVB sunscreen (minimum SPF 30) or a physical sunblock, typically titanium zinc oxide is recommended.
- Avoid swimming, hot tubs and saunas for several days following your treatment.
- A good skincare regimen is a perfect compliment. Synergy of using skincare products is important and can result in profound results.
 - Avoid skin irritants like tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids and astringents for 3 days post treatment.
- Treated pigment will turn darker (brown or black) within 24-48 hours
 - Do not pick at treated areas
 - Treated pigment will exfoliate off the face in approximately 1 week and off the body in approximately 2-3 weeks.
- Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.

- Cross contamination is problematic for certain conditions, such as acne and onychomycosis. Liquid makeup and nail polish should be discarded. Makeup applicators should be washed. Anything that touches the affected area should be cleaned. Don't overlook pillowcases and bed sheets as a source of contamination of the skin/nails.
- For anti-aging patients, maintenance treatments should be administered as needed to maintain benefits gained from original treatment series.
- Melasma, rosacea, psoriasis and acne patients need to consider this a treatment and not a cure, as they are noted to be chronic conditions. Treatment will address the current condition, but subsequent treatments may be needed if the condition reoccurs.
- Blistering at the treatment sites, which can become open areas. These usually resolve in time. Use antibiotic ointment on these areas twice a day. This can be purchased over the counter at your drug store. Please call our office if blistering occurs.

POST CARE - Leg Spider Vein Treatment

- Please follow all the above care as well as the following;
- Resume normal activity, vigorous activity is discouraged for 72 hours.
- Walking is encouraged, as this increases the blood flow. Please walk for 20 minutes a day for the next 5 days.
- Compression of the legs will accelerate healing, reduce swelling, and lessen discomfort. It is recommended to wear support hose for at least 5 days. Elevate your legs for 3-5 minutes before putting your support hose on.
- Caution when shaving your legs to not disrupt any healing.

Please call our office during normal business hours if you have ANY questions or concerns.

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me to have my treatment.