

PRE AND POST LASER TREATMENT INSTRUCTIONS

PRE TREATMENT: You may take an Advil or Tylenol 30 minutes prior to treatment. Come well hydrated and eat a meal prior to treatment. You will be more sensitive on an empty stomach.

Photofacial/Skin Rejuvenation (IPL) and Skin Tightening

- Avoid unprotected natural and artificial sun exposure of the area to be treated for 2-4 weeks.
- Avoid Chemical Peels and Laser Hair Removal for 2 weeks or until healed.

Fractional Pixel Resurfacing

- Avoid Chemical Peels, Photofacials, and Microdermabrasion for 2 weeks prior to treatment of the same area(s)
- Avoid unprotected natural and artificial sun exposure of the area to be treated for 2 weeks for best results.

POST TREATMENT: Avoid unprotected natural and artificial sun exposure of the area between treatments use a broad spectrum sunscreen SPF 30. Stay well hydrated.

Photofacial/Skin Rejuvenation (IPL):

- Pigmented and vascular lesions will appear worse for approximately 3 days and then the areas should begin to fade over the next 7-14 days.
- Makeup immediately following the treatment is ok.
- **Skin Tightening**

Continue to stay well hydrated and avoid excessive exercise, and saunas for 48-72 hours post treatment. Mild swelling and redness is normal and subsides within 24-48 hours.

Fractional Pixel Resurfacing: apply ice packs to sides of neck to keep swelling reduced for first 24 hours. Clean area daily with gentle cleanser or just plain water and pat to dry. Apply St. Francis Calendula Ointment to keep skin moisturized. Sleep with 2 pillows to stay slightly elevated to reduce swelling the first night. Reduce salt intake, coffee and spicy foods for the first 3 days.

Day 3 post lasing may use mineral makeup. Treated area will be swollen and red 1-3 days followed by minor peeling and flaking. **Day 5** exfoliate with a gentle cleanser and 1 tablespoon of baking soda. Moisturize as needed with St. Francis Calendula Ointment or mineral makeup.