



LASER SKIN TIGHTENING

PRE AND POST CARE

Before Treatment Starts: It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment. Treatment is not recommended if you are pregnant or nursing.

Pre Care

1. We CANNOT perform the laser treatment on you if you have been tanning, including self-tanners and spraying, 3 weeks prior to your appointment.
2. Do not use any products containing Retin A or Retinol 3 to 7 days prior to treatment.
3. Limit any alcohol and caffeine consumption for 3 days before and after treatments.
4. Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin or Aleve) 3 to 7 days before treatment.
5. Make-up, lotion, sunscreen and deodorants must be removed prior to treatment.
6. Do not wear perfume on the area of treatment.
7. Bring a hat or shirt to your appointment if the sun is out, in order to protect treated areas.

Day of Treatment

1. Begin applying ice packs to the treated area. This will help keep the area cool and alleviate any discomfort, as well as help keep down any swelling. Swelling will be most evident around the eyes and is usually more prominent in the morning.
2. Remain indoors if possible and avoid direct sunlight.
3. Elevate your head on two pillows when sleeping to reduce swelling.
4. Take analgesics such as Tylenol or Advil as necessary.
5. Apply Hydrocortisone 1% ointment (e.g. Cortaid, available over the counter) up to 4 times daily; [] TNS up to 4 times daily; [] Biafine up to twice daily. Avoid direct sunlight to the affected area while experiencing these symptoms.
6. Avoid extremely hot activities (such as exercise workouts, saunas, hot tubs, very hot showers).

Post Care Day 2

1. Continue to apply ice packs as needed to alleviate any discomfort and/or swelling. You may take analgesics. Any discomfort usually subsides by Day 3.

2. You should avoid sunlight and try to remain indoors on Day 2. The photosensitivity to sunlight is usually gone 48 hours after treatment.

3. Should more vigorous skin reaction occur, you should soak the treated areas with a solution of 1 teaspoon white vinegar in 1 cup of cold water for 20 minutes every 4-6 hours. Ice may be applied directly over the vinegar soaks. The area should be patted dry and Hydrocortisone 1% ointment reapplied following vinegar soaks.

Post Care Day 3-7

1. You may begin applying make-up once any crusting has healed. The area may be red for 1-2 weeks. If make-up is important to you, please see our lead esthetician for a consult on the correct product to use while your skin is in this delicate stage.

2. The skin will feel dry and tighten end. A good moisturizer should be used daily depending on skin types.

3. Try to avoid direct sunlight for two weeks. Use a sunscreen with a minimum SPF30.

PLEASE NOTE:

Protective eyewear is necessary during the treatment. Please ensure that you return the eyewear upon completion of your treatment.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call [the med spa] 409-838-7899 office and a physician immediately if I have any questions or concerns.