



Laser Skin Rejuvenation Pre- and Post-Treatment Instructions

Pre-Treatment Instructions:

- Please refrain from wearing any makeup to your appointment.
- Avoid self or spray tanners for 2 weeks prior to your treatment.
- Stop your retinols 72 hours prior to treatment.
- To help achieve the best possible results, shave or trim any hairs in the area of treatment, if needed.
- If you have a history of oral/perioral herpes, please start prophylactic Valtrex 24 hours before your treatment.
- Treatment cannot be provided if you have been on Accutane in the previous 6 months.

Post-Treatment Instructions:

- You may return to your usual daily activities immediately following treatment.
- Avoid rigorous exercise for 24 hours following treatment.
- Avoid extended sun exposure or tanning for 1 week after treatment. Use of an extended spectrum SPF of 30 or higher is very important following any laser treatment. Apply multiple times throughout the day.
- Your skin might feel warm after treatment, you can apply a cooling ice pack or face mask.
- Makeup can be applied after treatment, as long as there is no skin breakdown.

Results:

- You will notice skin tightening and pore reduction about 2 weeks following your first treatment.
- To achieve the best results, including reduction in fine lines, follow the laser treatment schedule as recommended by your care provider.

If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.