



## Laser Acne 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, AHA's, and exfoliants 1 week 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.
- Your skin might feel warm after treatment, you can apply a cooling ice pack or face mask.
- Avoid makeup for the day 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.
- Discontinue any peels or exfoliating treatments/agents for 1 week after treatment as the skin surface will be sensitive.
- Keep your skin well moisturized with an oil-free moisturizer as dryness may occur.

### *Results:*

- You will notice improvement in skin tone and texture beginning about 2 weeks following treatment.
- For best results multiple treatments will be required. Please follow the schedule as outlined by your laser practitioner.

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