



## Laser Psoriasis Pre- and Post-Treatment Instructions

### *Pre-Treatment Instructions:*

- To help achieve the best possible results, immediately before treatment shave or trim any hairs in the area of treatment, if needed.
- 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.
- 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 72 hours following treatment.
- Avoid extended sun exposure or tanning for 1 week after treatment. Use an extended spectrum SPF of 30 or higher following any laser treatment. Apply multiple times throughout the day.
- Some transient redness will be present in or around the treatment area – this will resolve over 72 hours.
- Keep the treatment site moist by applying an inert moisturizer (e.g., Aquaphor, Vaseline) multiple times per day for a week after treatment.
- Do not pick at skin if any scabbing occurs!

### *Results:*

- It may take up to 6 weeks for affected areas of skin to return to normal thickness.
- The redness of psoriasis may take several months to improve.
- To achieve the best results, follow the laser treatment schedule as recommended by your care provider. After completing the initial treatment schedule, maintenance sessions will typically be needed to manage flare ups.

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