

Pre-Treatment

- We will have you thoroughly clean and dry the area before treatment. Remove any make-up and or/lotions and make sure that the skin is dry in the area to be treated.
- There is risk of hair removal of the treated areas. Shave the area to be treated 2 days prior to treatment and throughout remainder of treatments. (NO waxing, tweezing, plucking) If shaving assistance is needed: \$30 dollar fee will be applied.
- Notify your medical professional of any medications you have used within the last 6 months. No antibiotics 2 weeks prior to laser treatments or as directed by practitioner.
- Avoid sun exposure or tanning 1-2 weeks before laser treatments. If sunburned, please wait until the sunburn subsides before proceeding with treatments.
- Refrain from bleaching of hair 2-3 days prior to laser treatment, if the face is being treated.
- Discontinue use of Accutane 6 months before and after your treatment.
- Discontinue use of all topical medications containing Alpha Hydroxy Acids (in facial cleansers), Retin-A, retinoids and exfoliants, etc. 1 week prior to treatment. Also, avoid microdermabrasion, peels etc. before and after treatments.
- Notify your medical professional if you have a history of Herpes Simplex; cold sores (genital/nasal/perioral).
- If you work out, it is best to do this before treatment, but definitely not immediately after laser treatment.
- Please notify our medical professional prior to treatment of any changes in your medical history, medications, pregnancy and irritated skin (sun burn). If pregnancy occurs during the course of treatment, we will postpone treatments until after delivery.
- If you arrive to your appointment and the above pre-treatment has not been followed we will not be able to treat you. A fee will be assessed and your appointment will have to be rescheduled as if you had missed an appointment per our Cancellation Policy.

Post-Treatment

- You may return to your normal daily activities immediately after your treatments. There are no restrictions to bathing. Treat the area as if you had a sun burn, for the first 24 hours.
- Mild redness and swelling may be noted after treatment. This may take 2 hours or longer to subside, although this is normal. Apply a cold compress if needed.
- Avoid extended sun exposure or tanning for at least 1-2 weeks post treatment to prevent dark or light spots. If you must go in the sun, use of a broad spectrum UVA/UVB minimum of SPF 30 is

recommended. Remember to reapply throughout the day. Spray tanning can be continued 2 days post treatment.

- Discontinue any chemical peels or exfoliating agents as the skin may become more sensitive after the treatment. Continue shaving throughout your treatments, 2 days before each treatment. Do not use any other hair removal methods. (tweezing, waxing, deplatories etc.)
- Avoid use of any cosmetics for 48 hours after treatment. (Make-up, acne treatments, etc.) If you must apply make-up, wait 30 minutes after treatment sessions. Make sure you have moisturizer on under your makeup. Any moisturizer **WITHOUT** alpha-hydroxy will work.
- Keep the area well moisturized as dryness may occur – an oil free lotion is preferred to help the treatment be as effective as possible.
- Some patient's condition may worsen before it gets better. This should subside as treatment progresses.
- There is no cure for acne, only maintenance. More treatments may be needed in the future.
- If you have been using acne medications/creams, you may resume normal use 5 days after the **FINAL** treatment session.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.
- If the area becomes tender, reddened or shows signs of infection, please notify the office immediately during business hours at 903-534-0773. After business hours, please report to the nearest emergency room or urgent care.

Your next scheduled appointment will be _____.