

keep glowing

med spa

Laser Skin Rejuvenation Care Instructions

Pre-Treatment Care

- If you have had a history of peri-oral or genital herpes simplex virus (HSV), we suggest you take prophylactic antiviral therapy. We suggest you discuss this with your regular primary care physician. Your treatment provider may also discuss prophylactic treatment options with you.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypo-pigmentation (white spots) after treatment and this may be permanent. The use of self-tanning skin products **MUST** be discontinued **ONE WEEK** before treatment. Any residual self-tanner should be removed prior to treatment.
- Your physician may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.

Post-Treatment Care

- Erythema and edema are common following treatment and typically resolve in 2-3 days.
- Pustules or pimples may develop in the first few days following the treatment. Do not pop or pick these lesions.
- Microcrusts may occur and will naturally fall off in 5-7 days after treatment.
- Avoid direct exposure to sunlight during the first week or two following your laser treatment. Wide-brimmed hats, sunglasses, sun-protective clothing or bandages may be used to help protect from the sun. An SPF 30 or greater sunscreen should be used when your skin has healed.
- Avoid any trauma, such as scratching, picking or rubbing to the treated area.
- Showers are permitted, but gently pat the area to dry.
- If brown spots have been treated, it is OK to apply makeup the day after treatment.
- Swimming and contact sports should be avoided until your skin has healed completely.
- Avoid saunas or hot tubs for at least 7 days after your treatment, you should not use a hot tub if you have any open wounds in the treatment area until the wound heals.
- 3-4 sessions are typically required with treatments scheduled 2 weeks apart. Follow up as directed by your provider.

Please call our office at 848-217-2662 if you have any questions or concerns. If you cannot reach our office and are in need of immediate medical care, please report to your nearest emergency room.