

Mill Creek Skin & Laser

LASER - PRE & POST TREATMENT INSTRUCTIONS

Before Treatment Starts: It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.

Pre-Treatment Instructions

1. We CANNOT treat you if you are pregnant or nursing.
2. We CANNOT treat you if you have been tanning, including self-tanners and spray tanning, 3 weeks prior to your appointment.
3. Limit any alcohol and caffeine consumption for 3 days before and after treatments.
4. Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin or Aleve) 3 to 7 days before treatment.
5. Do not use any products containing Retin-A or Retinol 7 days prior to treatment.
6. Make-up, lotion, sunscreen and deodorants must be removed from the area to be treated prior to treatment.
7. Do not wear perfume on the area of treatment.
8. Bring a hat or shirt to your appointment if the sun is out, in order to protect treated area.

Post-Treatment Instructions

PRODUCTS/MEDICATIONS YOU WILL NEED / POST TREATMENT CARE:

To prevent any complications, strict adherence to the following protocol is required.

1. **Cold Compress:** : **Immediately following treatment**, apply a cold compress to the treated area and continue for up to 48 hours. Apply 15 minutes on, 15 minutes off, or as often as you can.
2. **Hydrocortisone Cream:** After treatment, apply 1% Hydrocortisone to take inflammation down. Continue with Hydrocortisone as directed until the wound has healed. 1% Hydrocortisone can be purchased over the counter.
3. **Biafine:** For more burn control, Biafine is recommended to alternate with 1% Hydrocortisone cream. Biafine can be purchased from Mill Creek Skin & Laser.
4. **Neosporin** (topical antibiotic): Neosporin should be applied if directed by your Technician or if blisters should occur after treatment, to prevent infection. Continue as directed until the treatment area is healed. If the skin is broken or a blister(s) appears, DO NOT intentionally pop it; leave it and have nature take its own course. It will take a few days before the blister(s) eventually ruptures. Keep the area moist and avoid getting wet. Clear or pink drainage after the blister(s) pops is normal. Neosporin can be purchased over the counter.
5. **Hydroquinone Cream** (Clear or Blender): To be used prior to treatment or immediately after blister(s) has healed. This is recommended to patients who have a history of, or are prone, to hyperpigmentation or hypopigmentation. Both products can be purchased at Mill Creek Skin & Laser.
6. You may take anti-inflammatory medicine as directed (e.g. Motrin, Aspirin, Aleve – all available over the counter) 15 minutes after meals or Tylenol as directed. **DO NOT TAKE** anti-inflammatory medicine if you have a history of stomach ulcers or stomach upsets after taking them. Tylenol is not an anti-inflammatory medicine.
7. No hot tubs or saunas for 24-48 hours after treatment. Wash treated area with cool water, avoid hot water.
8. Minimize any vigorous activity for a few days after treatment to optimize healing.
9. Avoid sun exposure as much as possible and if in the sun, keep treated area protected. Apply sunblock when skin is not irritated, or wear a hat or shirt to protect/cover up the area. A minimum SPF 30 or greater (UVA/UVB block) should be used for any sun exposure during your treatments prior to going outside.
10. Avoid shaving for 24 hours after treatment or until any sign of irritation has vanished. Aloe Vera Lotion, Elta MD Laser Balm or Obagi Hydrate (can be purchased here) may be applied post treatment for a soothing effect. If friction from clothes occurs, cover as needed with a clean medical bandage.
11. Makeup can be applied 4-12 hours after treatment as long as skin is not broken.
12. **Call 425.316.8200 if you have any questions or concerns.**

Patient Name

Patient Signature

Date

Mill Creek Skin & Laser Center

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Hours: Tuesday-Saturday 10:00 AM-6:00 PM

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