

LASER PRE AND 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. Treatment is not recommended if you are pregnant or nursing.

Pre-Treatment Instructions

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

Post-Treatment Instructions

1. Avoid as much sun exposure as possible and if in the sun, wear a hat. Sun block can be put on 12 hours after treatment 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) should be used for any sun exposure during your treatments prior to going outside. Sun block is preferred to sunscreen.
2. No exercise workouts or hot tubs/hot shower/saunas for 24 hours after treatment.
3. Keep treated areas clean with mild soap/water, allow to air dry. Wash with cool water, avoid hot water.
4. Care should be taken to prevent trauma to the treated areas for the first 2 or 3 days following treatment. Avoid shaving for 24 hours after treatment or until any sign of irritation has vanished. Vitamin E or Aloe Vera may be applied post treatment for a soothing effect. If friction from clothes occurs, then cover as needed with a clean medical bandage.
5. If you experience redness or swelling after treatment, apply for 2 to 3 days or until symptoms improve **Cold Packs** and **Hydrocortisone 1%** (e.g. Cortaid, available over the counter) up to 4 times daily; [] **TNS** up to 4 times daily; [] **Biafine** up to twice daily. Avoid direct sunlight to the affected area while experiencing these symptoms.
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. **Contact Us.** 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. If the skin is broken or a blister appears, apply antibiotic ointment/cream (e.g. Neosporin – available over the counter) as directed, and **contact us.** Clear or pink drainage after blister pops is normal.
8. Makeup can be applied after 12 hours as long as the skin is not broken.
9. Call **425-316-8200** if you have any questions or concerns.

NOTE: Protective eyewear is necessary during the treatment. Please ensure that you return the eyewear upon completion of your treatment.

Patient Name

Patient Signature

Date

Mill Creek Skin & Laser Center

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