

AFFIRM LASER

Pre and Post Treatment Instructions

IMPORTANT:

- Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- **We CANNOT treat you** if you have been tanning, including self-tanners and spray tanning, 4-6 weeks prior to your appointment.
- If you are non-Caucasian or Caucasian with melasma, you **MUST PRE-TREAT** with 4% hydroquinone or Lytera 2.0 2-4 weeks prior to each treatment you receive at Mill Creek Skin & Laser.
- Results can vary from person to person.

CONTRAINDICATIONS

Laser is contraindicated for those patients who:

- Are pregnant or breastfeeding
- Take anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes) or immunosuppressants.
- Take medications that alter wound healing response
- Are taking or have taken isotretinoin capsules (Accutane/Sotret, Claravis, Myorisan) within the last six months
- Have seizure disorders triggered by light
- Have Pace maker or defibrillator
- Have a history of skin cancer or exhibit suspicious lesions
- Have received gold therapy

Pre-Treatment Instructions

1. Limit any alcohol and caffeine consumption for 3 days before and after treatments.
2. Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin or Aleve) 3 to 7 days before treatment.
3. Do not use any products containing Retin-A or Retinol 7 days prior to treatment.
4. Shave the treatment area 1-3 days prior to treatment
5. Make-up, lotion, sunscreen and deodorants must be thoroughly removed from the area to be treated 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 area.

Post-Treatment Instructions

1. No rubbing and/or scratching treated area.
2. No swimming or using hot tubs/whirlpools while redness is present or for at least 24-48 hours.
3. Apply icing, Hydrocortisone 1% cream twice a day while redness is present.
4. If crusting occurs, do not shave or pick area. Apply antibiotic ointment/cream (e.g. Neosporin) as directed and contact us. Keep area moist and let it fall off on its own.
5. Discomfort may be relieved by ice packs or acetaminophen or aspirin or NSAIDs (ex. Aleve, Motrin).
6. Contact us if there is any indication of blistering or infection (redness, tenderness or pus).
7. Avoid sun exposure. When treatment area is exposed to the sun use a sunblock with SPF of 30 or greater.

Call 425.316.8200 if you have any questions or concerns.

Patient Name (Print)

Patient Signature

Date

Guardian Name (Print)

Guardian Signature

Date

Relationship

MILL CREEK SKIN & LASER • 15111 Main Street, Suite A201 • Mill Creek, WA 98012 • 425.316.8200

www.millcreekskinlaser.com

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