

Pigment - Pre and Post Treatment Instructions (IPL, Q-Switch, KTP-Pigment, Picosure)

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 Care

1. There will be redness, and occasionally, swelling of the treated areas lasting for several hours to 3 - 14 days.
2. The treated area might "crust", "flake" or look like a "cat scratch". This should resolve within 3 - 14 days.
3. Keep the area moist with cold compress and Hydrocortisone until inflammation resolves and the area is healed.
4. Be careful with hot water and do not bathe the area with very hot water until healed.
5. Keep the treated area out of the sun. If sun is unavoidable, cover it or block it with SPF 40 or above for at least 4 weeks following treatment.
6. If you are using Hydroquinone, please do not stop unless otherwise instructed.
7. Keep clothing from rubbing the treated area and avoid other irritation to the area.
8. Do not use hairspray on or around the treated area.
9. Notify the office should you have any prolonged redness, excessive puffiness, or other unusual side effects, or any concerns.

- 10. Each area to be treated may require additional treatments approximately 3-6 weeks apart.
- 11. It might be impossible to remove the lesion forever. Even though the lesion may be diminished or "disappear" for a period of time, it might return in the future. The fact that the lesion responded to treatment and was disabled for an extended time almost invariably means it will respond to future treatment. It is the sun exposure that will repeatedly repigment our skins.

Call 425.316.8200 if you have any questions or concerns.

Patient Name (Print)

Patient Signature

Date

Guardian Name (Print)

Guardian Signature

Date

Relationship