



Skin Tightening Pre and Post Treatment Instructions

Pre-Treatment Instructions:

- RECENTLY TANNED SKIN CANNOT BE TREATED!** Avoid the sun 4 weeks before treatment. Any tan, (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent.
- Discontinue all use of topical medications or products that may be irritating to the skin, such as retinols, Tri-Luma, acne products, and alpha-hydroxy acids 2 weeks prior to treatment.
- If there is hair in the treatment area, please shave 12-24 hours prior to your appointment.
- If you have a history of cold sores, we may recommend prophylactic antiviral therapy in the form of Valtrex® or Acyclovir. If so, follow the directions for your prescription.
- Safety considerations are important during the procedure. Laser and/or procedure-specific protective eye wear will be worn by patient and all personnel in the treatment room during the procedure. Your provider will take all necessary precautions to ensure your safety.

Post-Treatment Instructions:

- Avoid all harsh chemicals and topical agents on the treated area. Your skin may be sensitive for a few days; we recommend Epionce® Skin Barrier Repair Kit which can be purchased at VanderVeer Center.
- Your skin may be very dry for several days after treatment and may even appear to be “uneven.” This is normal healing and extra moisturizer may be necessary for several days.
- Treat the skin gently, as if you had sunburn, for the first 48 hours. Avoid hot tubs, saunas, steam rooms and swimming pools for 72 hours after each treatment.
- Immediately after treatment, there may be mild redness and swelling in the treatment areas, similar to the feeling of sunburn, which may last from several hours to 3 days. If swelling or redness persists over three days, please call our office to speak with your medical provider.
- You may use cool compresses and/or Volante Restorative Night Cream after treatment.
- Makeup may be used after the treatment as long as the skin is not irritated.
- Avoid sun exposure after treatment** and use Zinc sunblock (EltaMD® SPF 30) at all times.
- It is important to keep your skin and body well-hydrated after treatment. We recommend Volante Restorative Night Cream or Epionce® Renewal and Barrier Creams, and also suggest you drink plenty of water.
- For best results and efficacy, we recommend a series of 3-6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

Please call your provider at **(503) 443-2250** with any questions or concerns you may have.