



## **Alex: Pre and Post Treatment Instructions**

### **PRE TREATMENT:**

- Recently tanned skin cannot be treated. Avoid the sun 4 weeks before treatment. Treatment within 4 weeks of active tanning (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 be permanent.
- Topical medications or products that may be irritating to the skin, such as retinols, tri-luma, acne products, and alpha-hydroxy acids should be discontinued 10-14 days prior to treatments.
- 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 Aycyclovir. 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:**

- Immediately after treatment, there may be mild redness in the treatment areas, similar to the feeling of sunburn, which may last from several hours to 3 days. When treating Rosacea and diffuse redness, there is a chance of peri-orbital swelling that can be severe. If this occurs, please avoid sodium and alcohol, and elevate the head of your bed when sleeping. If swelling persists over three days, please call our office to speak with your medical provider.
- The targeted brown pigment in “age and sun spots” is typically darker after treatment as the pigment is lifted to the skin’s surface. The darker pigment has a “coffee ground” appearance and generally sloughs off after 1-3 weeks. Do not pick, peel, or scrub at the darker pigment in an effort to speed the sloughing process. Treat the skin gently and allow the pigment to slough off naturally.
- Makeup may be used after the treatment as long as the skin is not irritated.
- **Avoid sun exposure for 2 weeks** after treatment and use sunblock at all times.
- Treat the skin gently, as if you had a sunburn, for the first 48 hours. Avoid very hot showers, hot tubs, saunas, and swimming pools for the first 72 hours post treatment.
- 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.

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