



Laser Skin Tightening Wrinkle Reduction Instructions

PRE-LASER TREATMENT INSTRUCTIONS:

Avoid the sun for two weeks before and after your laser treatment. Sun exposed skin is more susceptible to injury during laser applications.

Recently tanned skin cannot be treated. Laser treatment within 1-2 weeks of skin tanned naturally or in a tanning booth may result in hypopigmented (white) spots after treatment. These spots may not clear for several months.

Avoid topical medications for a week prior to the treatment.

The use of self tanning products must be discontinued 2 weeks prior to treatment. Any residual self-tanner must be removed prior to treatment.

For best results, we recommend a microdermabrasion 1 to 2 weeks prior to your laser treatment. Microdermabrasion is a noninvasive procedure which gently exfoliates the top layer of your skin, whisking away dead skin cells.

POST-LASER TREATMENT INSTRUCTIONS:

Immediately after treatment, there should be redness and swelling of the treatment areas, which may last up to 2 hours or longer. The redness may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.

A topical soothing skin care product such as Aloe Vera, or a post-peel recovery cream may be applied after your treatment. Ice or cool gel packs may be soothing immediately following treatment.

Make-up/cosmetic products may be used immediately after the treatment, as long as the skin is not irritated.

Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain alpha or beta hydroxy acids, or retinoids (i.e. Tretinoin, Retin A, Tazorac, Differin, Renova).

The Post procedure solution kit should be used for a minimum of 5 days following the treatment.

Avoid sun exposure to reduce the chances of hyperpigmentation (dark spots).

Wear a daily sunblock (SPF 30+) at all times throughout the course of treatment.

Avoid picking or scratching of the treated skin.

There are no restrictions on bathing except treat the skin gently, as if you had a sunburn, for the first 24 hours after treatment.

