

**Vienna Family Medicine
Laser & Skin Care
Pre/Post Laser Instructions**

**Make sure to follow these instructions. Failure to do so may increase sensitization, hyperpigmentation, hypopigmentation, dermatitis, blister formation, burns, increased sun sensitivity or induce flare-ups of some medical conditions.
Check with your health care provider to see if laser treatment is safe for you.**

Hair Reduction	Vein Treatment	Skin Rejuvenation
Pre Treatment	Pre Treatment	Pre Treatment
Discontinue use of <i>Accutane</i> 6 months before and after treatment.	Discontinue use of <i>Accutane</i> 6 months before and after treatment.	Discontinue use of <i>Accutane</i> 6 months before and after treatment.
Avoid sun exposure 4-6 weeks prior to treatment. Sunburned skin cannot be treated.	Avoid sun exposure 4-6 weeks prior to treatment. Sunburned skin cannot be treated.	Avoid sun exposure 4-6 weeks prior to treatment. Sunburned skin cannot be treated.
Discontinue use of tanning creams 1 week prior to treatment.	*Do not use medications that are blood thinning, ie., aspirin, Motrin, Advil, etc. 2 weeks prior.***	Discontinue use of tanning creams 1 week prior to treatment.
Do not bleach, wax or tweeze hair 4-6 weeks prior to treatment.	Limit alcohol consumption prior to laser vein Tx. Alcohol thins blood.	Do not bleach, wax or tweeze hair 3-5 days prior to treatment.
Discontinue use of AHA's, retinoids, exfoliants, etc. 1 week prior to treatment.	Discontinue use of AHA's, retinoids, exfoliants, etc. 1 week prior to treatment.	Discontinue use of AHA's, retinoids, exfoliants, etc. 1 week prior to treatment.
If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before Tx.	Discontinue use of tanning creams 1 week prior to treatment.	If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before Tx.
Discontinue use of depilatory creams 3-4 weeks before laser treatments.	Do not bleach, wax or tweeze hair, in area near vessels, 3-5 days prior to treatment.	
	If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before Tx.	
Day of Treatment	Day of Treatment	Day of Treatment
*****Shave or trim hair in area to be treated. This will help prevent burning or singeing.	Shave or trim hair in area to be treated. This will help prevent burning or singeing.	Shave or trim any dark hair in area to be treated. This will help prevent burning or singeing.
Omit lotions, creams, make up or deodorant in area to be treated.	Omit lotions, creams or make up in area to be treated.	Omit lotions, creams or make up in area to be treated.
Inform provider of any changes in medical history and of all medications you are taking.	If having leg veins treated, bring a pair of shorts to wear during the laser session.	Inform provider of any changes in medical history and of all medications you are taking.
Shave: Same Day _____ 1 Day Prior _____ 2 Days Prior _____ Other: _____	Inform provider of any changes in medical history and of all medications you are taking.	Apply topical anesthetic (if needed) 30 min. prior to treatment.
Post Treatment	Post Treatment	Post Treatment
Redness and swelling could be present (and last several hours-days) immediately after treatment.	Redness and swelling could be present (and last several hours-days) immediately after treatment.	Redness and swelling could be present (and last several hours-days) immediately after treatment.
Application of cool compresses will reduce discomfort and swelling.	Application of cool compresses will reduce discomfort and swelling.	Application of cool compresses will reduce discomfort and swelling.
Treated areas may feel mildly sunburned.	Treated areas may feel mildly sunburned.	Treated areas may feel mildly sunburned.
Make-up may be used post-treatment, unless there is epidermal blistering.	Make-up may be used post-treatment, unless there is epidermal blistering.	Make-up may be used post-treatment, unless there is epidermal blistering.
Avoid picking or scratching the treated skin.	Veins treated may convert to a "cat scratch" appearance (from 24 hours to 2 weeks).	Avoid picking or scratching the treated skin.
Avoid other hair removal methods (waxing, electrolysis, tweezing, depilatory creams, etc.)	Should scabbing occur, do not pick or scratch at treated skin.	Avoid waxing, electrolysis, and tweezing for 1-2 weeks post-treatment.
The object is to leave hair in follicle, so that laser heat can travel down it. Shave or trim hair only.	Avoid sun exposure for 4-6 weeks to reduce the chance of hyperpigmentation. <u>Use sunscreen.</u>	Avoid sun exposure for 4-6 weeks to reduce the chance of hyperpigmentation. <u>Use sunscreen.</u>
Avoid sun exposure for 4-6 weeks to reduce the chance of hyperpigmentation. <u>Use sunscreen.</u>	***Avoid blood thinners for 1-2 weeks post-treatment.	1-2 days after Tx., treat skin gently. Wash with gentle cleanser, cool water, using hands only.
Post-treatment shedding of the hair follicle may occur after 7-10 days. Wipe or sponge away.	***Avoid hot showers, baths, saunas and steam rooms for 48 hours after treatment.	Some edema, esp. around the eye area, may occur and last several days after treatment.
1-2 days after Tx., treat skin gently. Wash with gentle cleanser, cool water, using hands only.	***Refrain from vigorous exercise for 3 days after treatment.	
If desired, apply <i>Epidermal Repair Crème</i> to clean skin for two days after Tx.	Veins may disappear and re-appear for a period of up to 3 months post-treatment.	
If desired, apply <i>Vaniqa</i> hair growth reduction cream, as prescribed by your physician.	End results could take up to 4 weeks for facial veins and up to 12 weeks for extremities.	
***Use a minimum of SPF 30 sunscreen on a daily basis. This is extremely important!	***Use a minimum of SPF 30 sunscreen on a daily basis. This is extremely important!	***Use a minimum of SPF 30 sunscreen on a daily basis. This is extremely important!

**Call our medical esthetician with any questions or concerns.
703-255-9100**