



**Pre/Post Skin Treatment 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.**

Chemical Peels	Microdermabrasion	Waxing
<b>Pre Treatment</b>	<b>Pre Treatment</b>	<b>Pre Treatment</b>
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 prior to treatment. Sunburned skin cannot be treated.	Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.	Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.
Do not bleach, wax, tweeze or use depilatory creams, in Tx.area 2-3 days prior.	Do not bleach, wax, tweeze or use depilatory creams, in Tx. area 2-3 days prior.	Allow adequate hair growth several weeks prior to waxing., 1/8" fine hair and 1/4" + for course hair.
***Discontinue use of retinoids ( <i>Retin A, Tazorac, Differin, etc.</i> ) 1-2 weeks prior to Tx.	***Discontinue use of retinoids ( <i>Retin A, Tazorac, Differin, etc.</i> ) 1-2 weeks prior to Tx.	***Discontinue use of retinoids ( <i>Retin A, Tazorac, Differin, etc.</i> ) 2-4 weeks prior to Tx.
Discontinue use of Alpha Hydroxy Acids, exfoliants, etc. 1-2 days prior to treatment.	Discontinue use of Alpha Hydroxy Acids, exfoliants, etc. 1-2 days prior to treatment.	Discontinue use of Alpha Hydroxy Acids, exfoliants, etc. 3-5 days prior to treatment.
If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before Tx.	If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before Tx.	Discontinue use of depilatory creams several weeks before waxing.
		If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before Tx.
<b>Day of Treatment</b>	<b>Day of Treatment</b>	<b>Day of Treatment</b>
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.	Inform provider of any changes in medical history and of all medications you are taking.	Inform provider of any changes in medical history and of all medications you are taking.
		If desired, OTC topical anesthetic may be applied 20 mins. prior to Tx. in small areas only.
<b>Post Treatment</b>	<b>Post Treatment</b>	<b>Post Treatment</b>
Redness might be present (and last up to several hours) immediately after treatment.	Redness might be present (and last up to several hours) immediately after treatment.	Redness might be present (and last up to several hours) immediately after treatment.
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.
If, for any reason, scabbing should occur, do not pick or scratch at treated skin.	If, for any reason, scabbing should occur, do not pick or scratch at treated skin.	If, for any reason, scabbing should occur, do not pick or scratch at treated skin.
Avoid sun exposure for 4 weeks to reduce the chance of hyperpigmentation. <u>Use sunscreen.</u>	Avoid sun exposure for 4 weeks to reduce the chance of hyperpigmentation. <u>Use sunscreen.</u>	Avoid sun exposure for 4 weeks to reduce the chance of hyperpigmentation. <u>Use sunscreen.</u>
Treat skin gently. Wash with gentle cleanser, cool water, using hands only. Pat dry.	Treat skin gently. Wash with gentle cleanser, cool water, using hands only. Pat dry.	Treat skin gently. Wash with gentle cleanser, cool water, using hands only. Pat dry.
Follow estheticians' instructions on caring for skin post treatment.	Follow estheticians' instructions on caring for skin post treatment.	Follow estheticians' instructions on caring for skin post treatment.
If desired, apply <i>Epidermal Repair Crème</i> to clean skin for two days after Tx.	If desired, apply <i>Epidermal Repair Crème</i> to clean skin for two days after Tx.	If desired, apply <i>Epidermal Repair Crème</i> to clean skin for two days after Tx.
		If desired, apply <i>Vaniqa</i> hair growth reduction cream, as prescribed by your physician.
***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!

Personalized Skin Care Regimen: (Daily) AM • • •  PM • • •
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Personalized Skin Care Regimen Post Tx: (1-2 Days after Tx.) AM • • •  PM • • •
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**Call our medical esthetician with any questions or concerns at 703-255-9100**