



## **Before your treatment: Improve the results and reduce Complications**

- Do not wear makeup, lotion, creams, deodorant, or anything else on the areas to be treated the day of treatment
- No sun-tanning, tanning beds, or self-tanners (Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.) 4 weeks prior to treatment. Use a sun block of at least 30 SPF, 50 SPF is preferred.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

## **After your treatment: Make the Results last.**

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen of at least 30 SPF –50 SPF to prevent further sun damage
- Bruising, redness and swelling may occur and resolve with time
- During the healing phase, a crust may develop, the area must be treated delicately. Do not pick, scratch, or rub the area, let it fall off on its own.
- Do not shave the area if the a crust or scab is present.
- If swelling occurs, ice the area.
- If makeup is worn over the area, remove it delicately, excessive rubbing of the area may result in opening of the skin and increase the risk of scarring.
- Avoid Sports and strenuous exercises for 2-3 days following treatment for hair removal and 7 to 10 days for spider vein treatment. Walking is encouraged.
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment especially products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Multiple treatments are required for Laser Hair Removal and may be required for pigmented lesions or spider veins.
- Notify clinic of any concerns (blistering, excessive redness/swelling, pus, increase in pain, fever, etc.)
- For hair treatment hairs will exfoliate or push out in approximately 2 weeks.

*Dr. Terry Cehler*