



LED PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment:

PRE-CARE INSTRUCTIONS:

Please do not:

- Have LED light therapy treatments if you have a history of seizures.

Please Do:

- Inform your provider if you have any questions prior to the treatment.
- Inform your provider if you are pregnant.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Inform your provider if you are taking or have recently taken antibiotics or any other photosensitizing medications.
- Inform your provider if you have any current skin cancer or any other type of cancer.
- Inform your provider if you have taken Accutane/isotretinoin (oral acne medication) in the past year.
- Perform your skincare routine as usual in the days leading up to your treatment.

Day of Treatment:

- Arrive with a makeup-free face, if possible.
- Arrive a few minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.
- Expect flushed skin for up to 24 hours after the treatment.

POST-CARE INSTRUCTIONS:

Skin Care/Makeup Application:

- Your regular skin care routine may be resumed immediately after the treatment.
- Makeup may be applied immediately after treatment.

Sun/Light/Heat Exposure:

- Resume sun protection and SPF 30+ application immediately after the treatment.

Thank you,

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