



LASER TONING PRE & POST CARE INSTRUCTIONS

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

PRE-CARE INSTRUCTIONS:

Please do not:

- Have this treatment if you are pregnant
- Apply self-tanner to the treatment areas within 2 weeks of the appointment
- Apply products that are potentially irritating for 2-5 days before treatment unless directed by your provider (examples- tretinoin/Retin-A, alpha and beta hydroxy acids, benzoyl peroxide, hydroquinone)
- Tan any of the treatment areas. This may cause a burn or a less effective treatment.

Please do:

- Inform your provider if you have any questions prior to the treatment.
- Avoid sun exposure prior to treatment. Use SPF 30+ daily.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Inform your provider if you are taking or have recently taken antibiotics.
- 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.
- Reschedule your appointment if you have any open wounds or active skin conditions such as cold sores, eczema, psoriasis, dermatitis or warts in the treatment area.
- Inform your provider if you have any tattoos or permanent makeup in the treatment area.
- Avoid cosmetic procedures such as microneedling, microdermabrasion, chemical peels and laser procedures in the treatment area for at least two weeks pre- and post-treatment.
- Schedule appointments prior to special events with your provider so that you achieve the best results and are not in a recovery phase during your event.

Day of Treatment:

- Arrive with the treatment area clean and free of any makeup or topical products.

- Arrive at least five minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.

POST-CARE INSTRUCTIONS:

Managing Discomfort:

- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain reliever; i.e. Extra Strength Tylenol, may be used.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Vitamin E or aloe vera applied to the treatment area may provide a soothing effect.

Skin Care/Makeup Application:

- The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.
- Until skin sensitivity has completely subsided, avoid all of the following:
 - Applying make-up over the treated areas
 - Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Shaving in the treated area
 - Swimming pools and spas
 - Strenuous exercise and sweating
- If the skin is broken or a blister appears, apply a petroleum-based ointment and contact the office promptly. Keep the affected area moist and avoid direct sunlight. Do not pick at these areas, as this may result in infection or scarring.

Exercise:

- Avoid activities that cause excessive perspiration until any skin sensitivity has subsided.

Sun/Light/Heat Exposure:

- Avoid saunas and hot tubs until any skin sensitivity has subsided.
- Resume sun protection and SPF 30+ application immediately after the treatment. The treated area is more prone to sunburn and pigmentation changes. Strictly avoid any sun exposure to the treated area and wear a wide-brimmed hat or protective clothing for one month after treatment.

Follow Up:

- Best results are typically achieved with 2-4 treatments and maintenance at least twice per year.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you!
glo MD Aesthetics and Wellness

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