

Laser Therapy Pre-care + Post-care instructions

Trinity TM by Syneron, Fraxel. IPL, Long Term Hair Removal

PRE-CARE INSTRUCTIONS:

- Avoid excessive sun exposure at least 2 weeks before the procedure
- Avoid self-tanners 2 weeks before the procedure
- Avoid waxing or peels 2 weeks before the procedure
- For laser hair removal, please shave the area 48 hours before the procedure
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), lactic acids, hydroquinone, salicylic acid, retinols/retinoid, Tazorac, and Differi for at least 2 weeks before the procedure
- Notify your provider if you are on antibiotics or any oral medication such as Accutane as they can increase sensitivity
- Avoid alcohol, aspirin or other blood thinners before your appointment
- Inform your provider if you have a history of oral herpes
- Client should not perform any physical activity that increases body temperature or blood pressure within 2 hours before or after treatment

Please inform your clinician if you have any questions prior to the procedure.

DAY OF TREATMENT:

- Lotions, creams, make-up, and deodorant must be removed before procedure
- You will be given eye shields during the appointment to protect your eyes. Do not stare directly at the laser without eye protection
- Applying ice to the treated area may help reduce redness and/or swelling
- Mineral sunscreen or make-up may be applied over the area

POST-CARE INSTRUCTIONS

IPL AND LASER HAIR REMOVAL

- Avoid excessive sun exposure for at least 2 weeks after the procedure. Reapply sunscreen every 2 hours if skin is exposed to sun (i.e. walking, driving). SPF30 is advised
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), lactic acids, hydroquinone, salicylic acid, retinols/retinoid, Tazorac, and Differi for at least 2 weeks after the procedure
- Avoid extremely hot water at least 24 hours after the procedure
- Avoid waxing in the treated area at least 2 weeks after the procedure
- Avoid excessive heat or friction for at least 48 hours, this includes exercise or hot tubs/saunas

POST-CARE INSTRUCTIONS

IPL:

- Use a gentle cleanser with tepid water. Please ask your clinician for recommendations. Do not use Clarisonic, loofa or exfoliate the area for at least 1 week after the procedure
- Brown spots and freckles might appear darker following the procedure. This generally last 3-7 days. After, they may crust and fall off. Do not pick them – you do not want a scar where the brown spots once were
- Crusting of the treated area can occur. Do not pick the scab. Apply topical aquaphor or topical antibiotic to the area 3 times a day
- Slight swelling or redness can occur for 48 hours after the procedure. If excessive swelling, redness or pain occurs, please contact clinician.
- In rare case, hyperpigmentation (darkening of the skin) can occur. Please contact your clinician if this occurs.
- It can take 4-6 weeks to see final results, and at least 3 treatment sessions may be necessary to achieve results.

Please contact us at 415-927-SKIN if you have any questions or concerns.

Your skin is especially sensitive as it heals, please remember the most important aftercare. Be consistent with sunscreen application and use a sunscreen with at least SPF 30 that protects against both UVA and UVB rays.
