

Laser Treatment

Pre and Post Care Instructions

Pre-Treatment

1. Wash area being treated thoroughly prior to treatment
2. No recent tanning (this includes tanning beds, spray tans, and self-tanners)
3. We do not recommend having Botox or fillers two weeks prior to laser treatment
4. No laser treatments are recommended if pregnant or breastfeeding
5. Please let the provider know if you have cold sores or HSV
6. For AFT treatments only-No direct sunlight for two weeks following procedure

Post-Treatment

1. Be careful with hot water and do not bathe the area with very hot water until completely healed
2. Keep the area moist with the products recommended by PMC staff
3. Keep treated area out of the sun. If sun is unavoidable, cover it or block it with SPF 40 or above for at least 4 weeks following treatment.
4. Keep clothing from rubbing the treated area and avoid other irritations to the area.
5. Do not use hairspray on or around the treated area.
6. Notify the clinic if you have any prolonged redness, excessive puffiness, or other unusual side effects.

7. Keep the area cool as needed (*ie* ice, cold washcloth)
8. No exercise is recommended for 24 hours.
9. Use Tylenol or ibuprofen as needed.
10. There will be redness and occasionally mild blistering of the treated areas that may last for hours or several days.
11. The treated area might crust, flake, or look like a cat scratch. This should resolve in 3-14 days.
12. Each area to be treated usually requires three or more treatments for optimum results. It is recommended to do these treatments 4-6 weeks apart.