Laser Genesis Pre and Post Care

PRE-TREATMENT INSTRUCTIONS
1. Sun exposure and/or usage of a tanning bed must be avoided for 2 weeks prior to and 1 week after the treatment. Sun exposure within 2 weeks prior to treatment and 1 week after treatment (natural sunlight or artificial tanning booth) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent.
2. If there is dark, coarse or vellus (“peach fuzz”) hair in the treatment area, please shave 12-24 hours prior to your appointment.
3. Accutane and any other photosensitizing medication should be discontinued for a period of at least 12 months prior to receiving treatment and should not be used during your course of treatment.
4. Avoid resurfacing products such as Retin-A®, Renova®, Differin® (Adapalene 0.1%), Tazorac®, Alpha-Hydroxy Acid (AHA’s) or Beta-Hydroxy Acid (BHA’s), and any Retinol Products 3-7 days prior to treatment.
5. Waxing and/or use of chemical depilatories must be avoided for 1-2 weeks prior and after the treatment. Shaving is allowed 24-48 hours after treatment as long as there is no skin irritation.
6. You may not be pregnant or nursing for any laser treatment.
7. Open wounds, cuts, abrasions, rashes, and/or any skin irritation present in the treatment area are a contraindication for treatment.
8. Active Cold Sore or Herpes outbreak is a contraindication for treatment.
9. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT INSTRUCTIONS
1. During the course of your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Our staff is always available to respond to any questions, concerns, or comments you may have.
2. Procedure-specific protective eye wear will be worn by patient and all personnel in the treatment room during the procedure. Your provider will take all necessary precautions to ensure your safety.

POST-TREATMENT INSTRUCTIONS
1. Treat the skin gently, as if you had sunburn, for the first 48 hours.
2. Immediately after treatment, there may be mild redness or flushing and mild swelling in the treatment areas, similar to the feeling of sunburn, which may last from several hours to 3 days. If swelling or redness persists over three days, please call our office to speak with a medical provider.
3. Your skin may feel dry for several days after treatment. This is normal following Laser Genesis and will generally be alleviated with the use of extra moisturizer.
4. Avoid exercise that causes sweating and avoid sources of excess heat such as Jacuzzi, sauna, or steam baths if any skin irritation exists.
5. Avoid resurfacing products such as Retin-A®, Renova®, Differin® (Adapalene 0.1%), Tazorac®, Alpha-Hydroxy Acid (AHA’s) or Beta-Hydroxy Acid (BHA’s), and any Retinol Products 3-7 days after treatment.
6. Waxing and/or use of chemical depilatories must be avoided for 1-2 weeks after the treatment. Shaving is allowed 24-48 hours after treatment as long as there is no skin irritation.
7. Follow this skin care regimen for 1-2 days after the treatment:
   **AM:**
   1. Cleanse with a mild Cleanser such as: SM Sensitive Skin Cleanser or IS Cleansing Complex.
   2. Apply an Antioxidant Serum such as: SM TNS Essential Serum or IS Super Serum.
   3. We recommend applying a moisturizer called Laser Therapy which is available for sale in our lobby.
   4. Apply SM Environmental Defense SPF30+ and reapply throughout the day as needed
   **PM:**
   1. Cleanse with a mild Cleanser such as: SM Sensitive Skin Cleanser or IS Cleansing Complex.
   2. We recommend applying a moisturizer called Laser Therapy which is available for sale in our lobby. Makeup can be applied immediately after the treatment if desired.
8. For best results and efficacy, we recommend a series of 6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.