

It is crucial to the health of your skin and the success of your treatment that these guidelines are followed.

Pre & Post Procedure Instructions for Photo Rejuvenation

Pre-Treatment Instructions:

- Avoid sun exposure (apply sunscreen daily and do not tan at all - including self-tanner) for 4 to 6 weeks before and after treatments.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated 3-5 days.
- Avoid Accutane (or isotretinoin products) for six (6) months prior.
- If taking Photosensitive medications like Antibiotics, treatment may begin two (2) weeks after your very last dosage.
- Anticipate a social "down-time" of 2 - 5 days before any redness, swelling and sloughing of the sunspots has subsided.

On the day of your appointment:

- Come to your appointment with a clean face. Remove all makeup if area to be treated is the face. The area to be treated must be clean, dry and free of any oils, lotions, creams or makeup.

Post Treatment Instructions:

- You may have a mild "sunburn" (burning) sensation following the treatment that is usually gone within a few hours. Skin redness is normal and may last a few days. There may be a slight amount of swelling. Blistering is uncommon and not serious. Pigmented areas may begin to flake after a few days. Cold compress may be useful for the first 24 hours. Your skin will be fragile for 2-3 days.
- Use a gentle cleanser, do not rub the skin and avoid hot water during this time. Gently pat skin dry after cleansing.
- Do not use Clarisonic or a loofah for one (1) week.
- Do not use any retinoids, tretinoins, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate or have chemical peels performed on the treated area for one (1) week.
- Mineral Makeup can be applied immediately (if the skin is not broken).
- Avoid the sun or excessive sun exposure in the treated area and use sun block.
- Avoid excessive heat or friction to the treated area (hot water, heavy exercise, saunas) or any activities that can introduce bacteria into the area, such as swimming pools, hot tubs, etc. Sun spots and age spots will DARKEN with the GentleLASE treatment BEFORE they begin to respond and resolve. This is expected and a normal part of the Photo Rejuvenation process. Do not pick these spots once they become dry. They will lift and fall off on their own.

Please contact (561) 255-0272 as soon as possible if you experience any blistering, increased pain or if you are concerned about infection.