

LASER TREATMENTS – PRE PROCEDURE INFORMATION

Following these instructions will optimise your laser treatment results and minimise the risk of complications

- Use SPF 50 sunscreen daily. Sunburned skin cannot be treated
- Avoid sun-tanning, prolonged sun exposure, and tanning salons for 4 weeks prior to treatment
- Avoid skin irritants such as hydroquinone, bleaching creams, tretinoin, retinol creams, benzoyl peroxide, chemical peels, glycolic acid, and salicylic acid for at least 2 weeks prior to the procedure
- If you have a history of hyperpigmentation (darkening of the skin) with laser treatments or trauma to the skin, please let us know
- Do not use self-tanning products for at least 2 weeks prior to treatment. If you have used these products, thoroughly cleanse the area with an exfoliating scrub to remove it 2 weeks before treatment
- Do not wax, thread or have electrolysis for 4 to 6 weeks prior to your treatment and/or between treatments
- Do not wear makeup, perfume or lotions on the treatment area on the day of treatment
- Before each treatment, please inform us if you are taking new antibiotics or medications, as they may increase your skin's sensitivity to light treatments, and therefore, we might not be able to treat you for up to 2 weeks after completion of the antibiotic
- It is critical that you are not using topical or oral steroids (creams or pills) or Accutane/Roaccutane (within the last six months)
- Tattooed areas are unable to be treated with laser unless for tattoo removal
- If you are pregnant or breast feeding, you are NOT a candidate for laser treatment
- If you have a history of "cold sores" or peri-oral HSV, please let your doctor/therapist know. Medication can be prescribed to minimise the possibility of an outbreak following your treatment

LASER TREATMENTS – POST PROCEDURE INFORMATION

Following these instructions will optimise your treatment results with laser and minimise the risk of complications

- Following treatment with lasers, you may notice redness and bumps at the treatment site, which can last for several days. It is normal for the treated area to sting for a few hours post treatment. Cold compress, aloe vera gel (keep it cold in the fridge) or 1% hydrocortisone may help with pain
- Use SPF 50 sun protection daily over the treated area for at least 4 weeks after treatment to minimise the risk of any discolouration
- Do not pick as scabbing can lead to scarring
- Makeup can be used over the treatment area so long as there is no extended redness, blistering or scabbing (mineral make-up is the best option)
- Avoid sun exposure for 4 weeks after treatment to reduce the risk of any pigmentation changes
- Avoid hot water to the skin until initial skin irritation subsides
- Avoid skin irritants such as hydroquinone, bleaching creams, tretinoin, retinol creams, benzoyl peroxide, chemical peels, glycolic acid, and salicylic acid for at least 2 weeks after the procedure
- Contact the surgery if you have any signs of infection (pus, tenderness, fever)
- Avoid any rubbing or friction movements on the treated area for three days post treatment
- The treated area may be washed gently with shower gel or a mild cleanser. The skin should be patted dry and NOT rubbed
- After a pigmentation treatment, the pigment may become darker and remain dark for 3-4 days post treatment. The darkened pigment will gradually shed from the skin or slowly fade and be reabsorbed by the body. Broken capillaries may appear a little darker initially, but will gradually clear following treatment

EXPECTED CHANGES TO SKIN

Expected changes to the skin over the next 1 – 7 days for vascular and pigment include:

Day 1 to 2 Moderate redness, swelling, heat, and sensitivity. Areas of micro crusting (darkening of pigmented area) will develop over the first 24 hours

Day 2 to 5 As the skin naturally exfoliates the micro crusting will fall slough off. Depending on the laser and health of your skin this can take up to 2 weeks. Treated vessels may become more noticeable/bruised. Treated vessels may start to fade though this can take up to 2 weeks.

Expected changes to the skin over the next 1 – 14 days for laser toning include:

Day 1 to 2 Mild redness, heat, and sensitivity. Bleaching of facial hair

Day 2 to 14 Pigmentation will lighten