



YAG/VBEAM/Tattoo Laser Pre & Post Treatment Guidelines

PRE-TREATMENT GUIDELINES

- Avoid unprotected sun exposure; this includes tanning beds 14 days prior to treatment. If you have had UV exposure or are experiencing any type of sunburn, the treatment will be rescheduled.
- Avoid all sunless tanning products for 7 days prior to treatment.
- Avoid retinol/tretinoin and hydroquinone products for 7 days prior to treatment.
- Inform us if you are currently taking Accutane or have taken Accutane within the past 6 months.
- Avoid other laser treatments and chemical peels on treatment area for 14 days prior to scheduled appointment.
- If you are having treatment on face, inform us if you are prone to cold sores. You may be given a prescription for Valtrex (antiviral) to be taken prior to treatment.

DAY OF YOUR TREATMENT

- Please arrive day of treatment without creams, deodorant or make up on treated area.
- Pre-treatment photos will be taken if not already taken during your consultation.
- Prior to treatment, you will be asked a series of prescreening questions to determine your skin type and which laser settings are most appropriate for your treatment.
- Prior to treatment, you will be given eye shields to wear to protect your eyes.

WHAT TO EXPECT & POST-TREATMENT GUIDELINES

- Immediately after the treatment, it is normal for the treated area to feel like a mild sunburn. If mild to moderate tenderness occurs, you may take a non-aspirin medication (Tylenol).
- Swelling is normal and usually takes place during the first few days after the procedure. If severe inflammation persists, notify our office.
- Slight blistering may occur. Do not let the area dry out or scab. Apply a thin layer of gentle moisturizer (i.e. Cetaphil or Cerave) 2-4 times/day as needed for 3 to 5 days. Recover, Alastin Regenerating Skin Nectar & Epionce Essential Recovery Kit is available for purchase.
- Avoid scratching/picking the area during the healing process.
- Slight bleeding may occur and if so, apply pressure with a clean gauze.
- Do not wash treated area until the following day.
- The skin should heal within 7-12 days. Contact our office if you have any concerns or questions.
- After the redness subsides, some pigment may still be present. It will gradually lighten over the next 3-4 weeks. It is very important to avoid direct sun exposure for a minimum of 2 weeks after laser treatment. Use an SPF of 30 or higher daily.
- Any light colored pigmentation will resolve withing 2-4 months. Results will be seen within this same time period.