

# Treatment Protocol

## Preparing for Your Treatment

We want you to enjoy the maximum benefits of your laser treatments. Whether you choose hair removal, vascular therapy or facial rejuvenation, there are a few steps you can take to prepare for your treatments.

First, please do not sunbathe for three weeks prior to your treatment. It is best to stay out of the sun. A recent suntan or sunburn can de-sensitize the area and adversely affect effectiveness.

Second, please shave the area to be treated so that it is free of all hair.

Finally, please make sure that the treatment area is clean and free of all lotions, perfumes, make up, sun block, deodorant or any other product. Such skin care products can interfere with the transmission of laser energy, cause allergic reactions and reduce effectiveness.

## After Your Treatment

It is completely normal for the treated area to appear pink or slightly red for a day afterward. Very rarely there may be persistent pinkness, redness or slight blistering. If blistering occurs, apply over the counter ointment to the area frequently. Please do not scratch blisters as infections and scarring can occur. If such symptoms continue for more than two days, please contact us.

Please remember the full results of your treatment will take days or weeks to realize. Also, your treatment plan may call for multiple sessions. Our lasers are non-ablative. This means that the first layer of skin is not damaged. Your own natural healing mechanism is triggered in the underlying layers of skin. Results will appear as the healing occurs from the inside. The benefits of this type of treatment are lasting results and very brief recovery time.

To help achieve maximum results after laser treatments, it is important to properly hydrate the skin. We recommend that you use gentle cleansers and follow with a non-allergenic moisturizer. During the day, please use a lotion with sunscreen. Your skin will also benefit from the use of anti-oxidants available in many skincare products.

If you have any questions or concerns about your treatment plan or recovery, please contact us. We are always available to help you.



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