



Laser Skin Treatments Pretreatment/Post Instructions

Precautions Before and After Laser Treatment

The area being treated cannot be exposed to the sun. For 1064-nm wavelength treatment, avoid sun exposure for 1–2 days prior, during, and one week after treatment. For 755-nm wavelength treatment, avoid sun exposure for at least four weeks prior, during and at least one week after final treatment. A broad-spectrum (UVA/UVB) sun block of SPF 30 or higher should be applied whenever exposed to the sun.

Expectations Following Treatment

Immediately following laser hair removal treatment, the area may show slight erythema with some swelling. Small red dots around the hair follicles are normal and should resolve within 2-3 days. Bruising can occur. Blistering is not a desired outcome, and if blistering does occur, please notify the office.

After vein treatment, a "cat scratch" appearance around the veins that were treated, is a normal and expected. This should resolve in 3-4 days. The veins that were treated will slowly disappear over several weeks. Some veins may require additional treatment.

After laser treatment for pigmented lesions the areas treated may feel warm and appear pink. Over the course of several days the treated lesions will darken and then slowly disappear. More than 1 treatment may be required.

General Skin Care

During the healing phase, the area must be treated delicately. Do not rub, scratch, or pick. If a crust develops, let it fall off on its own.

If the skin is broken, apply a thin layer of aquaphor or vaseline ointment to the treated area several times a day to keep the area moist for 3-5 days.

Do not scrub the area, pat the area dry. Do not shave over the area if swelling, crusting or scabbing is present.

If swelling occurs, apply ice. Wrap the ice in a soft cloth. Discomfort or stinging may be relieved with acetaminophen.

If makeup is allowed, it must be applied and removed delicately. Excess rubbing can open treated area increasing the chance of scarring.

Avoid sports and/or strenuous exercises for 24 hours following treatment for hair removal and 7–10 days for veins. Walking is encouraged.

In case of signs of infection (pus, tenderness, fever), contact the office immediately.

Avoid sun exposure throughout the course of treatment and use a broad-spectrum (UVA/UVB) sun block SPF 30 or greater with Zinc Oxide when the treatment area is exposed to the sun.

The treated hairs will exfoliate or push out in approximately 2-3 weeks.

Post treatment skin care instructions must be followed to prevent any complications. Please contact the office with questions or concerns regarding your treatment.

If you have any questions or concerns please call our office at **(910) 323-3757**.