



LASER PROCEDURES

Pre-Procedure & Post Procedure Instructions

Pre-Procedure

- Review your medical history. We will discuss any medical conditions and medications as well as any cosmetic procedures you have had in the past.
- Physical exam – we will inspect your skin and treatment areas to determine realistic changes that can be made and results to be expected. If hair is present in the area of interest, we will shave the area.
- Expectations – we will discuss your expectation, motivation, and any potential risks.
- Medication – we will prescribe any antiviral medication if you have having laser resurfacing and have a history of HSV1 infections (cold sores)
- Sun exposure – we will discuss current amounts of sun exposure. One month prior to the procedure it is important to reduce exposure to the sun. If a patient has an unhealthy amount of sun exposure the procedure can result in irregular pigmentation in treated areas.

Procedure

- Non-ablative laser resurfacing is performed in-office.
- The treatment area will be cleaned and your eyes will either be closed or covered depending on the laser type. If needed, we will apply a numbing cream 30 minutes prior to the procedure to ensure a comfortable experience.
- Skin will not be removed during the procedure.
- Procedures typically take between 15 and 90 minutes, depending on laser type and size of the treated area.
- For best results, treatments are to be scheduled in a series with 3-4 weeks of time in-between treatments.

Post-Procedure

- Skin may be red or swollen after a laser treatment.
- Ice packs may be used as needed for the first 24 hours.
- Over the counter pain relievers may be taken.
- Within 48 hours you may return to normal activities and apply makeup. There is to be NO excessive sweating or working out 24 hours after a laser hair removal treatment, as this may cause redness, irritation, blistering, and bleeding.
- There is to be NO excessive sun exposure for 24 hours after a laser hair removal treatment, as this may cause redness, irritation, blistering, and bleeding. 48 hours post treatment you may resume typical activities involving sun exposure with proper sun protection.

Please do not hesitate to contact our office should you have any questions or concerns following your procedure. 919-948-6355