



## Pre- and Post-treatment instructions for Light-Based Treatments

Precautions to take **before** your light-based treatment:

- **No sun exposure**, tanning beds, or sunless tanning creams/sprays for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser or pulsed light treatment and can increase the chance of post treatment complications.
- Apply an SPF 30-50 sunblock to the area to be treated when exposed to the sun.
- **Remove all makeup**, creams, oils prior to treatment. This may be done in the office at the time of your appointment.
- **Shave area** of any hair the morning of treatment.
- For laser hair reduction, **do not pluck or wax hair** from the area for 3-4 weeks prior to treatment.
- Discontinue the use of topical skin care products **containing glycolic acid or retinol** for two weeks prior to treatment in the area to receive light based treatment.
- Provide physician or nurse with **completed medical history form** - available online or at the time of your appointment. Inform the physician or nurse of any changes in your health at any subsequent visits.

Precautions to take **following** your light-based treatment:

- **Clean treated area daily** allowing water to run over treated area and then pat dry.
- For tattoos only: **apply thin layer of Aquaphor** ointment to the treatment area and cover with telfa pad 2-3 three times per day for 48 hours. If crusting occurs, do not shave or pick area. Keep area moist and let crusting fall off on its own.
- For other light-based treatments, minor discomfort may occur. This feels like a mild sunburn and the application of **aloe containing gel** is recommended. A mild moisturizer may also be applied.
- Discomfort may also be relieved by applying **ice packs** wrapped in a moist cloth. Use of Tylenol (acetaminophen), or other over the counter pain relievers is generally safe and effective.
- **No rubbing or scratching the treated area.**
- **No swimming or using hot tubs/whirlpools** until the area heals, normally 3-7 days.
- Contact spa physician or nurse if there is any blistering or evidence of infection (persistent redness, tenderness, or the appearance of pus).
- **Avoid sun exposure.** When treatment area is exposed to the sun, use SPF 30-50 sunblock, ideally containing zinc oxide, and reapply every 2 hours. Keep treatment area covered and protected from the sun whenever possible.

I have read, understand, and agree to comply with the above instructions:

Patient or Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

Practitioner \_\_\_\_\_ Date \_\_\_\_\_