



advanced skin fitness

PATIENT INSTRUCTIONS FOR LASER TREATMENT

PRETREATMENT INSTRUCTIONS

1. Avoid the sun 4-6 weeks before and after treatment until your physician allows it.
2. You **MUST** avoid bleaching, plucking or waxing hair for 6 weeks prior to treatment.
3. If have had a history of perioral herpes, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment.
4. If you are tan or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment. **TAN SKIN CANNOT BE TREATED WITH THE ALEXANDRITE LASER! If treated,** you will have hypopigmentation (white spots) and this may not clear for 2-3 months or more. Also, the use of tanning cream **must** be discontinued one week before treatment.

INTRAOPERATIVE CARE

1. The skin is cleaned and shaved or left with a couple days new growth. The use of anesthesia is optional.
2. Epidermal melanocytes compete as the chromophore (target) for the 755nm wavelength with melanin at the target site.. The DCD, or cooling device, will be used with the laser to minimize epidermal damage.
3. Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the retina. The hair is shaved or trimmed very short to reduce the chance of fire which can be initiated if anesthesia or oxygen is used near the treatment site. Additional precautions are taken if this situation is present.

POSTOPERATIVE TREATMENT CARE

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment. The application of ice during the first few hours after treatment will reduce the discomfort and swelling that may be experienced.
2. Antibiotic ointment may be used for 3-4 days but usually is not necessary. Some physicians recommend only aloe vera gel or ice after treatment. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe vera gel or antibiotic ointment longer.
3. Makeup may be used immediately after the treatment unless there is epidermal blistering. It is recommended to use NEW makeup to reduce the possibility of infection.
4. **Avoid sun exposure to reduce the chance of hyperpigmentation or darker pigmentation.** Use sunscreen (SPF 25 or greater) at all times throughout the course of treatment.
5. Avoid picking or scratching the treated skin. **Do not use** any other hair removal treatment products or similar treatments (**waxing, electrolysis or tweezing**) that will disturb the hair follicle on the treatment area for 4-6 weeks after the laser treatment is performed. Shaving or depilatories may be used.
6. Call your physician office with any questions or concerns you may have after the treatment. Return to the physicians office or call for an appointment at the first sign of the return of hair growth.. This can mean within 4-6 weeks for the upper body treated and possibly as long as 2-3 months, for the lower body treated. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment.
7. Anywhere from 5-14 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is .NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge..
8. After the axillae or underarms are treated, use a powder, instead of deodorant, for 24 hours after the treatment to reduce skin irritation.
9. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.

Please call Advanced Skin Fitness at 214-521-5277 with any concerns before or after treatment.