



**Thank you for your continued support.
We appreciate your friends and family referrals!**

Pre/Post Procedure Instructions
Laser Treatment
Spider Veins/Brown Spot/Laser Rejuvenation Treatment



Before Laser Treatment

- ❑ **AVOID** Sun exposure, tanning beds, and/or spray-tan 2 to 3 weeks prior to your treatment
- ❑ **AVOID** any waxing, bleaching, or plucking of hair for 4- 6 weeks prior to treatment
- ❑ **AVOID** any topical medications or products that may cause your skin to be tender or sensitive 5 days prior to your treatment
- ❑ **AVOID** antibiotics 2 weeks prior to your treatment
- ❑ Shave the area being treated on the day of your procedure
- ❑ If you have had a history of mouth or genital herpes simplex virus, Dr. Calderón may recommend prophylactic antiviral therapy. Follow the directions of your particular antiviral medication
- ❑ Make sure you do not have any make-up on at the time of your treatment

After Laser Treatment for Hair Removal

- ❑ Immediately after your treatment there should be erythema (redness) and edema (swelling) of each hair follicle at the treatment site, which may last up to 2 hours, or longer. The redness may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment. You may use a cold compress, as needed, for added comfort a cold aloe vera gel may be applied as well
- ❑ Blisters, oozing, and scabbing may occur, although not common. **DO NOT** pick or squeeze skin and please contact our office if this occurs
- ❑ **AVOID** sun exposure to reduce the chance of hyper-pigmentation (darker pigmentation). Use SPF 30+ mineral sunscreen at all times throughout the course of treatment
- ❑ **DO NOT** use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing). Shaving is the only method of hair removal

After Laser Treatment for Spider Veins/Brown Spot

- ❑ Immediately after the treatments, you should apply an ice pack to the area, as there may be mild swelling. It's normal for the treated area to feel sunburnt for a few hours
- ❑ If any crusting occurs, apply an antibiotic cream. Avoid picking
- ❑ It is also important to keep the treated area moist. You may **use any moisturizer without alpha-hydroxy acids** or a Vaseline-type product
- ❑ You may shower after the laser treatments in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and **NOT** rubbed
- ❑ Makeup may be used after the swelling has gone down on the treated site. It is recommended to use new makeup to reduce the possibility of infection
- ❑ You will experience redness and bruising or anywhere from five to fourteen days after the treatment. Avoid sun exposure for two months to reduce the chance of dark or light spots. Use sunscreen SPF 30 or higher at all times throughout the treatment
- ❑ After the bruising has cleared, it can take up to four weeks (or longer) to observe the maximum effectiveness of that particular treatment
- ❑ Avoid picking or scratching the treated skin to achieve your best results

Please call our office with any questions or concerns you may have after the treatment

