



### LaseMD Pre-Treatment Instructions

- Sun exposure should be avoided at least 2 weeks prior to treatment.
- Self-tanners should be avoided 2 weeks prior to treatment.
- Discontinue any topical products such as retinols, salicylic acids, glycolic acids, etc., one week prior to treatment.
- If you are prone to get cold sores/fever blisters, an antiviral medication may be prescribed to you.
- Avoid injectables such as neurotoxins, and dermal fillers two weeks before and after treatment.

### LaseMD Post-Treatment Instructions

- Patients may experience burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Make sure to enclose the ice pack in sterile and dry gauze to prevent water from penetrating the tissue in the treated area.
- Keep the treatment area moisturized. After the first day, gently wash and pat the skin gently dry for two days. Do not scrub the treated area. Moisturize daily. Usually, any crust will separate naturally within 5-7 days after the treatment.
- Please do not use cosmetics which contain active ingredients such as Retinol or AHA for at least 1 week after treatment.
- Avoid exercising for the first week post-treatment or until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- Avoid sun exposure for 2 weeks after treatment.
- Apply UV A/B sunblock daily with SPF of at least 30. Wear a hat while spending time outdoors.
- Please contact us at 619-293-7233 with any questions or concerns.