

Pre-Treatment

Acne & Rosacea Treatment

1-2 WEEKS BEFORE *and* DAY OF

- **If possible, clients should arrive at appointments with clean skin** in the area to be treated. Lotions, creams, and makeup should be removed before treatment.
 - **It is imperative that clients avoid sun exposure** at least 1 week prior to treatment. Sunscreen with a minimum SPF of 20 or higher should be applied as a thick layer 30 minutes before sun exposure to avoid flare ups.
 - **Avoid using any form of self tanning** (sprays, creams, etc.) at least 2 weeks prior to treatment.
 - **Medicated Creams** (*examples include Glycolic, Tretinoin, alpha hydroxy and beta hydroxy (AHA/BHA), hydroquinone, retinol/retinoid, Tazorac, and Differin*) that cause photosensitivity should be stopped at least 2 weeks prior to treatment.
 - **Avoid harsh topical products in skincare** such as retinols, AHAs and BHAs, chemical peels, hydroquinone, bleaching creams, Retin-A, salicylic acid, and glycolic acid products for at least 2 weeks before treatment.
 - **Clients using Accutane, Sotret, Claravis, Amnesteem, or similar products must stop** the medication 6 months to one year before receiving laser treatments.
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Post-Treatment

Acne & Rosacea Treatment

- **If possible, do not apply makeup immediately after the treatment.** It is best to allow the skin to rest before putting products on. If needed, apply makeup after swelling has gone down. If makeup is necessary, it is recommended to use a light powder mineral foundation.
- **Only use gentle skin care products**, such as a mild cleanser. Skin should be patted dry, NOT rubbed. Keep the area moist with bacitracin or antibiotic cream for 3 days.
- **Do not take a hot bath or hot shower** for at least 48 hours. Tepid showers are fine, as you do not want to overheat the skin while it recovers from the heat from the treatment.
- **Avoid strenuous activity or exercise** for at least 48 hours after the treatment.
- **Do not scratch or pick the skin** during recovery. As blemishes or pinpoint scabs surface, leave them be! They will flake off naturally. You do not want to create a scar!
- **Avoid Aspirin, Ibuprofen, alcohol, heavy exertion and activities** which may cause flushing for 2 days after treatment
- **If treating the face**, avoid harsh topical products such as retinols, AHAs and BHAs, chemical peels, hydroquinone, bleaching creams, Retin-A, salicylic acid, and glycolic acid products for at least 2 weeks after treatment. Refrain from tweezing, waxing, or bleaching during the course of the treatment.

To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.

Instructions continue on the following page

What to expect after treatment:

- **Skin will likely appear pink** (similar to a mild sunburn) immediately after treatment. The reddish coloring will typically dissipate within an hour.
 - **Applying ice in 15-20 minute intervals** for the first few hours after treatment can help reduce any redness or swelling. Cool towels or aloe vera can also be applied to alleviate discomfort due to heat.
 - **You may experience bruising** for 5-14 days or longer, depending on individual healing time and severity of the skin concern being treated.
 - **Skin may be temperature sensitive** for several days after healing.
 - **It will take around one week to see the full result and 2-4 treatments may be required** to achieve an optimum result.
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FOLLOW-UP:

Please make an appointment with Lani in 4 weeks following your procedure for follow up and photos.