AFFILIATED TROY DERMATOLOGISTS

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Pre and Post Instructions for IPL/BBL/Laser Skin Treatments

Pre-Treatment Instructions:

- Discontinue any Accutane treatment for three months prior to your laser treatment.
- You should not receive any laser treatment if you have recently tanned. You will be asked to reschedule your appointment due to complications from excessive tanning or sun exposure.
- Discontinue use of Glycolic acid, or Proactive products 2 days prior to treatment.
- If you have a history of cold sores (Herpes simplex) you will be given a prescription for Valtrex to be taken prior to and after your laser treatment.
- Discontinue any Retin-A, Retinol, Renova, Differin and Tazorac, Alpha-hydroxy acid (AHA), bet-hydroxy acid (BHA) or benzoyl peroxide products 5 days prior to treatment (also 10 days post treatment.)

- Please stop taking any anti-inflammatory medication such as Ibuprofen, Advil, Aleve, Motrin 3 days prior to your treatment

- Please inform the provider if you are taking any new medications.
- Prior to each appointment, please inform the provider if you have any tattoos, permanent makeup, or any beauty marks that you do not want to be treated.
- Be sure to let the provider know if your last treatment was "too hot".

Post Treatment Instructions:

- Apply moisturizer at least twice daily.
- Apply sunscreen SPF 35 or greater each day following your treatment for at least one month.
- If the treated area remains red and irritated after your treatment or swelling develops, you may use a cold pack for 15-minute intervals until relieved.
- • Only use a gentle cleanser or lotion until your skin is back to normal. Please avoid any products with alcohol, perfumes, or acids. Make-up may be applied if skin is not broken. • If any blistering occurs after your treatment, apply an antibiotic ointment or Aquaphor healing ointment to keep area lubricated to prevent crusting or scabbing.