

PRE-TREATMENT CARE

- **NO VISIBLE TAN ON ANY AREA TO BE TREATED.** Refrain from sunbathing, self tanner, and /or tanning beds at least one month before, during your treatment, and for one week after your last appointment. During treatment you should not have any visible tan on the area to be treated. Tanned skin may absorb more energy and increase the risk of a burn. Total sun block must be worn with any sun exposure.
- Stop any use of glycolics, Retin A, antiwrinkle, skin rejuvenation or acne products for 2-3 days prior to treatment and a minimum of 7 days post treatment. (This is a general guideline. If there is any redness, peeling, or irritation of the skin that persists post treatment do not restart these products).
- No lotion, moisturizer, make-up, perfume, powder or bath/shower oil on skin prior to treatment. If you have used any of these, the skin must be cleansed prior to treatment.
- Avoid blood thinning medications for 7-10 days prior to treatment. This will cause bleeding or bruising. Tylenol is okay.

POST-TREATMENT CARE

- Immediately after treatment, most patients will experience some redness and swelling which may feel similar to a mild sunburn. This will typically last for 1-3 days. If any discomfort persists post-treatment, you may apply a cool compress.
- Minor bruising may occur. It will resolve on its own in 7-10 days.
- Wash with gentle soaps and cleansers. Avoid scrubbing the treated area.
- Moisturize the skin post treatment.
- Use a zinc oxide sun block SPF 30+ at all times for 24-48 hours after treatment.
- Avoid sun exposure for at least 7 days after treatment to reduce the risk of hyperpigmentation. No tanning beds.
- If there is anything out of the ordinary after treatment, please contact the office at (716) 688-0020. Our staff will instruct you on post treatment care or request that you come to the office for further evaluation.