

# **Instructions for your Laser Treatment: Excel V, DermaV, Pico Genesis, Laser Genesis, Skin or Global Rejuvenation, Laser Hair Removal**

## **PLANNING FOR YOUR TREATMENT:**

1. No active tanning for 2 weeks before or after
2. The following medications can cause sensitivity to the laser. Consult us or your provider before your appointment: **Doxycycline, HCTZ, Hydroxychloroquine (Plaquenil)**
3. Do not do any of the following to the area that we are going to treat for 2 weeks before your appointment: **Waxing, Microdermabrasion, Facials, Peels**
4. Stop Retin A, Tretinoin, or Retinols or Differin **FIVE days** before your appointment.
5. If you have EVER had a cold sore or fever blister on your lips, then you must be on an antiviral if we are treating your face starting the day before your treatment. We can prescribe that for you.
6. Do not shave or wear makeup the day of your appointment.

## **WHAT TO EXPECT AT YOUR TREATMENT:**

1. Numbing cream and cold air to the area as needed for analgesia.
2. You will wear goggles or eye shields to protect your vision.
3. You may use ice to the area immediately afterwards.
4. If you have excess swelling after a Global Rejuvenation, then we may give you a prescription for a steroid or recommend **antihistamines (Claritin, Benedryl)**

## **WHAT TO EXPECT AFTER YOUR TREATMENT**

1. Bruising, redness and swelling are very common and will resolve over a week.
2. Brown spots will be darker and flake off on the face in 5 to 10 days. The body spots will flake off in 2 to 4 weeks. **DO NOT PICK OR SCRATCH THEM.**
3. After laser hair removal, you may have a bumpy rash at the treated areas. Take an antihistamine or apply hydrocortisone cream as needed.

## **WHAT TO DO AFTER YOUR TREATMENT**

1. Scabbed areas should be kept moist with Aquaphor till healed and do not pick.
2. Avoid hot tubs, saunas, hot showers for 2 days after treatment.
3. Do not use the following till healed: Tretinoin, Retinol, Benzoyl Peroxide, Glycolics, Peels, Exfoliants, Complexion or Oil Pads.
4. You may restart your cleanser, daily power defense and makeup and SPF the day of your procedure.
5. You may resume your normal skin care when completely healed.
6. No active tanning for 2 weeks after a treatment.