



Pre-Treatment Instructions

Botox® & Injectable Fillers

- One week before treatment exclude: Aspirin, Ibuprofen (Advil, Aleve, etc.), Ginkgo Biloba, Flax oil, Cod Liver Oil, Vitamin A, Vitamin E and any other essential fatty acids.

Laser Hair Removal

- On the day of your treatment **DO NOT** use make-up, lotions, creams, serums, tanners, deodorant or any other products on the areas to be treated.
- Do not wax, bleach, use depilatory creams (Nair), or have electrolysis for 4 weeks. You may trim or shave but leave a 3-day stubble for your first visit. This allows us to view the area(s) to be treated. For each subsequent visit, shave 1-day before your visit.
- For 2 weeks prior to treatment, avoid any chemical peel, photofacial or microdermabrasion in the area to be treated.
- For best results, in the 2-weeks prior to treatment, avoid unprotected natural or artificial sun exposure of the area to be treated. A broad spectrum sunscreen (UVA and UVB) with SPF of 30 or greater is recommended.
- Avoid large reflective jewelry (i.e. earrings) on the day of your treatment.

Photofacial/Skin Rejuvenation

- On the day of your treatment **DO NOT** use make-up, lotions, creams, serums, tanners, or any other products on the areas to be treated.
- For 4 weeks prior to treatment, avoid unprotected natural and artificial sun exposure of the area to be treated.
- Avoid Chemical Peels and Laser Hair Removal for 2 weeks after treatment or until healed.
- Avoid large reflective jewelry (i.e. earrings) on the day of your treatment.

Laser for Leg Veins

- On the day of your treatment **DO NOT** use make-up, lotions, creams, serums, tanners, or any other products on the areas to be treated.
- Shave 1-day before your treatment.
- Avoid unprotected natural and artificial sun exposure of the treatment area for 4-weeks prior to treatment.
- Diabetic patients must have their blood sugar under strict control prior to treatment.
- If you have compressive stockings, bring them to each treatment. If not, stockings may be purchased at the office.
- Avoid large reflective jewelry (i.e. earrings) on the day of your treatment.

Contraindications for Laser Treatment

- Pregnancy
- Skin cancer or skin disease
- Recent chemotherapy or radiation
- Unprotected exposure to sun or artificial tanning (tanning booths and self tanner lotions) during the past 2-4 weeks
- Active infection or herpes simplex (i.e. cold sores) in the treatment area.
- Warts in the treatment area.
- Diabetes (unless under strict control).
- Taking Accutane within the past 6 months.
- Use of depilatory cream (Nair), waxing, bleach, plucking or electrolysis in the past 2-4 weeks.
- Chemical peel or other laser treatment within the past 2 weeks. There must be at least 2 weeks time between a photofacial or chemical peel and an upper lip hair removal treatment.