



## Laser/IPL Treatment Instructions

### Pre-Treatment:

- Avoid facial shaving/waxing and active skincare products such as Retinol, Tretinoin/Retin-A, Vit C, Glycolic/Salicylic acid, exfoliants, etc. that could be irritating for 5-7 days prior.
- Wait at least 2-3 weeks after any chemical peel, laser, microneedling, Botox or filler prior to treatment.
- Avoid sun exposure and tanning beds/tanning products 4-weeks prior to treatment.
- Avoid blood thinners 1-2 days prior to treatment (ibuprofen, fish oil, Aspirin, turmeric, etc.)
- Please inform your provider if you have a history of cold sores, skin cancer or any active infections.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

### Post-Treatment

- Redness/swelling/tenderness is normal, and can last up to 3-5 days after treatment.
  - Darkening of brown spots or "coffee grounds" can occur, do not pick/peel skin if this occurs.
- Sunscreen (SPF 30+) should be applied regularly and make up can be applied on top the next day.
  - Sun and tanning/tanning products should be avoided 1-2 weeks after.
- Avoid swimming, vigorous exercise, hot tubs, saunas, and steam rooms for 48 hours.
- Avoid facial shaving/waxing and active skincare products such as Retinol, Tretinoin/Retin-A, Vit C, Glycolic/Salicylic acid, exfoliants, etc. that could be irritating for 5-7 days after.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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