



## **Recommended Pre & Post Care for Laser Genesis Treatments**

*For best results please follow these instructions*

### **BEFORE YOUR TREATMENT:**

- Please do not wear makeup on the day of treatment on the area being treated.
- Excess hair may need to be shaved. Men should be cleanly shaved.
- No sun-tanning or self-tanners 4 weeks prior to treatment on area being treated.
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- **Notify your Laser Genesis technician with any changes to your health history or medications (Antibiotics, Vitamins, supplements, etc) since your last appointment.**
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

### **AFTER YOUR TREATMENT:**

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- Though unlikely, bruising, redness and swelling may occur and resolve with time.
- Avoid heat – hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) a few days post-treatment.
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Multiple treatments are required for optimal benefit.
- Notify us of any concerns (blistering, excessive redness/swelling, etc.).

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