



LASER & LIGHT TREATMENT PRE-CARE RECOMMENDATIONS

Limit your sun exposure and tanners for two weeks before and after your treatment. Suntans and artificial tanners, such as spray tans and tanning creams, put you at risk for complications. We recommend using SPF 30 or more daily prior and after your treatment. We may cancel your treatment if we find that your skin coloring is too dark the day of your procedure.

Please refrain from using Retin-A (Tretinoin) and any retinol products for one week prior and two weeks after treatment.

There are many photosensitizing prescription medications. If you note a warning on your medication bottle or you have a question about your medications, please consult one of our physicians. Common medications to watch for are cardiac medications, diuretics, and antibiotics. You cannot have taken Accutane in the past 6 months either.

These procedures are not recommended if you are pregnant, lactating/breastfeeding, currently taking blood thinners/anticoagulants, are immunosuppressed, have an autoimmune disorder or have developed keloid scars in the past.

Prior to a HALO treatment, we recommend prophylactic anti-viral medication starting 3 days prior to your procedure for a total of 7 days and Prednisone starting the day of your procedure for a total of 3 days. If you do not wish to use Prednisone, you may substitute Ibuprofen, 400-800, mg three times daily for 3 days starting the morning of the procedure. Please take this with food.

Prior to laser hair removal, do not use depilatories, wax, get electrolysis or pluck your hair for at least 2 weeks. Shaving is allowable and imperative. Please DO shave the treatment area within 24 hours of your appointment.

If you are performing diVa, you may not be able to do this if you have a metal IUD (plastic, such as the Mirena, is okay) or a grade 3 or above cystocele. You cannot have this procedure if you are currently bleeding, have an active vaginal or urinary tract infection, including STDs or recent non-treated abnormal pap smear.

If you have any questions regarding these recommendations, please call the office at least 2 business days prior to your scheduled appointment in case changes need to be made.