

# **BEAUTILASE**

34 Target Road, Glenfield, 09 442 2603 or 021 169 4975

## **LASER SKIN REJUVENATE / ROSACEA / - PRE AND POST CARE INSTUCTIONS**

### **WHAT TO DO BEFORE YOUR TREATMENT**

- It is imperative that you **avoid sun exposure and tanning beds for at least 4 weeks prior** to your treatment. This is a must and **no exceptions** will be made.
- **Tanning creams (self-tanner)** should be **avoided** for at least **2 weeks**.
- **Inform the Beauty Therapist if you have taken Accutane (oral acne medication) in the past year.**
- **Do not tweeze, wax or epilate the area being treated for approximately 6 weeks prior** to treatment.
- **The night before treatment thoroughly shave all areas to be treated; skin must be clean and free of all hair.**
- You may also use a topical numbing cream (EMLA or Maxiline) on the treatment area. Apply 1 hour before your treatment then cover with plastic wrap. Leave on until treatment is about to begin. If you have not had the treatment before it is preferred that you have your first treatment without numbing cream so that your skin response can be assessed.

### **THE DAY OF YOUR APPOINTMENT**

- **If possible, arrive without creams or make-up on the treatment area.** Otherwise please arrive on time to your appointment in order to clean the skin.
- Allow 20 minutes to 1 hour for your appointment depending on the size of the treatment area.
- Prior to treatment, you will be given eye shields to wear to protect your eyes.

### **Post Treatment Instructions:**

1. Immediately after the treatments, you should apply an ice pack, as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress if needed. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage.
2. Avoid picking or scratching the treated skin to achieve your best results. If any crusting, apply antibiotic cream. Some physicians recommend Aloe Vera gel or some other after sunburn treatment such as Desitin. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe vera gel or an antibiotic ointment longer. Follow instructions as specified by your laser professional.
3. Makeup may be used after the treatment has quit swelling unless there is epidermal bleeding. It is recommended to use new makeup to reduce the possibility of infection. Keep the area moist. Any moisturizer without alpha-hydroxy acids will work.
4. You may shower after the laser treatments in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.
5. You will experience redness and bruising from five to fourteen days at the treatment.

Avoid direct sun exposure and tanning beds for 1-2 months and throughout the course of the treatment so as to reduce the chance of dark or light spots. Use sunscreen SPF 30 or higher at all times throughout the treatment when going outside.

6. Avoid tweezing, waxing, bleaching or chemical peels during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide or astringents.
7. Call or email if you have any questions or concerns.

THANKS! 😊

Smita