



# ADVANCED LASER TREATMENTS



## PRE & POST CARE



**Includes ResurFX, Pico Fractional, Tattoo Removal**

### Pre-Care

- \* DO disclose any new medications to your technician
- \* DO discontinue retinols or retinoids 72 hours pre-treatment
- \* DO use a prescription for cold sores if you have a history 2-3 days prior to coming in, if being treated in the area of cold sores
- \* NO pregnancy or breastfeeding
- \* NO recent Filler injections 2 weeks prior to coming in
- \* NO recent sun exposure for 1-2 weeks, including spray tans, tanning beds, creams & lotions
- \* NO antibiotics 72 hours pre-treatment

### Post Care

- \* DO use SPF 30+ every day
- \* DO use gentle skin care products for 72 hours
- \* DO use cool water when showering and cleansing
- \* DO use cold compresses if needed
- \* DON'T put anything on skin for 24 hours post
- \* DON'T use scrubs, exfoliators or retinols for 1 week
- \* DON'T touch or pick at skin and don't pop blisters
- \* NO direct sun exposure 1-2 weeks, including tanning beds & creams
- \* NO swimming pools, saunas or hot tubs for 72 hours
- \* NO Benadryl for 72 hours
- \* Redness/petechiae for 24-48 hours is normal
- \* Swelling is normal 1-3 days
- \* Darkening of pigment is expected
- \* Dry, flaky skin is normal for 2-5 days