



## DiolazeXL Laser Hair Removal Pre & Post Care Instructions

### Pre-Treatment:

- No waxing, tweezing, Nair, or any other form of laser hair removal 6 weeks prior to laser treatment.
- Avoid any tanning type 3-4 weeks prior treatment or use at least 30 SPF sun block.
- Avoid irritant topical agents for 2-3 days before treatment.
- Avoid anticoagulants for 7-10 days prior to treatment, if medically permitted.
- Shave hair and remove shaved hair and ensure that skin is clean.
- Avoid Retinol x 7 days on treated area.

### During Treatment:

- Brazilian area treated with topical numbing applied to skin 30-60 minutes prior to treatment.
- Area cleansed with alcohol.
- Thin layer of ultrasound gel applied
- Laser performed with two passes looking for clinical end points such as perifollicular erythema and edema, which are more apparent on light skin, Burnt hair smell, and/or hair ejection.

### Post Treatment:

- Sun block should be used for 3 weeks following the treatment and 3 weeks preceding the next session.
- Moisturizer may be applied after each treatment.
- Make-up may be applied immediately after facial treatment if skin is intact.
- The number of treatments is typically varied from 4-10 sessions every 4-8 weeks. As treatment proceeds, the intervals become longer. There are longer intervals for body hair (6-8 weeks) than for facial hair (4-6 weeks) in the first 3 sessions. In subsequent sessions the intervals on the face may increase to 8 weeks and on the body to 10-12.



## Discovery PICO Tattoo Removal Pre & Post Care Instructions

### Pre-Treatment:

- Contraindicated: Accutane, pregnancy, active cancer, pace maker, defibrillator, superficial metal treatment around treatment area, active sun burn on or around treated area.
- Hx Herpes Simplex/ Herpes virus (fever blister) must pre-treat with Acyclovir
- No retinol x 7 days on treated area.
- If previous reaction from tattoo removal or reaction post tattoo application, client can take Claritin or Zyrtec prior to treatment.
- Requires in person consult if: autoimmune disease such as Lupus. Psoriasis. Skin type 5 and 6.

### What to Expect During Treatment:

- Consents
- Pictures
- Area cleansed with alcohol
- Cold pack applied x 5-10 minute
- Cooled with Zimmer
- Tattoo treated with laser
- Cooled with Zimmer
- Silver Gel applied
- May or may not be covered with non stick pad depending on site
- Follow up appt discussed. Will require estimate of 6-10 (maybe more/ maybe less) spaced out 8-16 weeks apart depending on response, recovery, size, ink color, ink pattern, and other assessment findings and tattoo response.

### Post Treatment:

- No sweating x 24 hours then resume normal activities.
- Must protect from direct sunlight and apply sunscreen to prevent scarring, delayed healing, and hypo/hyper pigmentation.
- It is very common to experience itching around day 3. Can apply topical OTC hydrocortisone cream.
- Keep area moisturized with thin layer of lotion.
- No swimming for 7 days.
- No extremely hot shower or bath for 7 days following treatment.
- Adverse Reactions: With all procedures comes risk for adverse responses. If area shows any concern such as heat, none resolved swelling, fluid filled blisters, unrelieved pain, or any other questionable symptom, please call Aymond Med Spa immediately or contact messenger after hours. **DO NOT PICK SCAB OR RUPTURE BLISTER.**



## Lumecca IPL Pre & Post Care Instructions

### Contraindications:

- Current or history of skin cancer, or current condition of any other type of cancer, or premalignant moles.
- Intra-dermal or superficial sub-dermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods with bio-material, before the product has been dissipated (up to 6 months).
- Botox after binding to the facial muscles (3-7 days).
- Severe concurrent conditions, such as cardiac disorders, sensory disturbances, uncontrolled hypertension, and liver or kidney diseases.
- Pregnancy and nursing.
- Diseases which may be stimulated by light at the wavelengths used, such as history of Systemic Lupus Erythematosus, Porphyria, and Epilepsy (for optical applications only).
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV or use of immunosuppressive medications.
- Isotretinoin (Accutane) within last 6 months.
- Poorly controlled endocrine disorders, such as diabetes, thyroid dysfunction, and hormonal virilization such as polycystic ovary syndrome.
- Any surgical procedure in the treatment area within the last three months or before complete healing.
- Facial laser resurfacing, facial dermabrasion, and deep chemical peeling within the last three months if face is being treated.
- Vitiligo
- Treating over tattoo or permanent makeup.
- As per the practitioner's discretion, refrain from treating any condition which might make it unsafe for the patient.
- Excessively tan

### Pre- Treatment:

- Requires consult for any pigmentation that is not typical circular freckles/pigments/sunspots. IPL CONTRAINDICATED for melasma pigmentation.
- Hx Herpes Simplex/ Herpes virus (fever blister) must pre-treat with Acyclovir
- No retinol x 7 days on treated area.
- Advise the patient to avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- The patient should discontinue any irritant topical agents for 2-3 days prior to treatment.
- The patient should not be freshly tanned or using sunless tanner.
- The patient should be instructed to shave the area being treated prior to their scheduled treatment.
- The patient should arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.
- A topical anesthetic should be used only as directed by a physician and only if necessary.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment and the clinician may use tongue depressor to prevent discomfort.