



Erbium Resurfacing Laser

Pre-Treatment Instructions

- ✿ Avoid sun exposure 4 weeks before and 8 weeks after treatment. Sun exposure may cause problematic skin discoloration.
- ✿ Do not use any self-tanning lotions in the month prior to treatment.
- ✿ Avoid Electrolysis / Waxing / Depilatory Creams (of treatment areas) for 2 weeks prior.
- ✿ If you have been on Accutane in the last 12 months you cannot do the treatment. Period!
- ✿ If you have a history of cold sores you will be prescribed an antiviral medication that you will take as instructed. It is important to take this.
- ✿ You may be prescribed a topical numbing cream that you will need to apply 30 minutes prior to your appointment time. If you would like our staff to apply the medication, please arrive 30 minutes prior to your scheduled appointment time.
- ✿ Make sure you have our post laser aquaphor on hand to apply post-treatment for the first few days as instructed.
- ✿ Stop using Retin-A, Hydroquinone, Retinols, Renova, Differin, for three days prior to treatment. Stop Alpha- hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) & Benzoyl Peroxide topicals and any other similar or exfoliating products that may be drying and/or irritating 2 weeks prior to your procedure. You may usually begin re-using your regular skincare products approximately 2 weeks after the procedure and when instructed so by provider
- ✿ Please do not wear make-up and/or jewelry on the day of your procedure. Please be prepared to remove your contact lenses before treatment or wear glasses preferentially. Wear comfortable clothing that buttons down in front (no pullovers). Wear layers in case you are cold or warm.
- ✿ You must notify us of any piercings, permanent makeup, tattoos, or suspicious skin moles in the area of treatment.