

L'Idée Medical Spa
1992 Medical Avenue, Harrisonburg, VA 22801

Pre- and Post-treatment Care Instructions

PRECAUTIONS BEFORE YOUR LASER TREATMENT

1. Do not drink alcohol or take aspirin or an aspirin containing medicine for three days prior to, and two weeks after your laser treatment.
2. Avoid direct exposure to the sun. A sunscreen of SPF 30 or greater should be used when exposed to the sun for several months before and after your treatment, or as long as you plan to continue treatment. Darker melanin or pigment from the sun may produce side effects or make the treatment less effective.

CARE OF THE TREATED AREA

The treated area may show a reddish/bruised discoloration. This will last 5-14 days, depending on what part of the body is treated. The treated area is very delicate and should be treated with care. Please read and follow these instructions. Stay out of the sun for 48-72 hours.

1. Discomfort or stinging may be evident, but usually lasts no more than six hours. Tylenol may be taken or iced applied during this period.
2. If swelling occurs, ice water compresses may be applied. Frozen peas or corn may be used in place of ice. For facial swelling, sleep with your head elevated with extra pillows or sleep sitting up in a chair. Products may be used 1-15 days before treatment with cost of products listed.
Bleaching products: Kojicol Plus Gel (\$45), Kojicol Gel (\$44.65), Kojicol Cream SPF 20 (\$45.90), Hidroquin Forte Gel (\$45.60), Thiomelan Skin Lightener Cream SPF 15 (\$47.25).
3. Antibiotic ointment should be applied twice a day if any bruising is present, or if there is also crusting/scabbing. Rinse face or body part with cool water. Apply bleaching product 3 times a day for 3 days along with Silkses as often as needed.
4. If a crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keep the area moist with the ointment until the crust falls off. If scab is pulled away too soon it may cause lightening or darkening to the treated area. Use circular motion to apply moisture (Silkses or antibiotic ointment).
5. Do not scratch or rub the treated area until any bruising or crusting disappears.
6. Showering is permitted. Do not soak in a hot tub until the area is healed. Do not rub the treated area with a face cloth or towel. Pat the area gently to dry so the skin is not disturbed. May use hair dryer on cool setting.
7. Avoid swimming and sports if any bruising is present to reduce skin irritation and infection.
8. Do not apply make-up for 2 - 3 days, or as long as crusting is present. Using new make-up will cause less irritation.
9. Return to regular products or regimen after 4 days unless notified differently.

10. May have a healing Chitosan mask 3 days after treatment, at your expense.

WHEN ANY DISCOLORATION/BRUISING CLEARS, THERE MAY BE VERY LITTLE CHANGE IN THE VASCULAR LESION. IMPROVEMENT WILL TAKE PLACE SLOWLY OVER A PERIOD OF SEVERAL WEEKS.

IF YOU HAVE ANY QUESTION OR CONCERNS REGARDING YOUR LASER TREATMENT, PLEASE CONTACT THE OFFICE. EVEN IF THERE ARE NO PROBLEMS, CALL FOR A PROGRESS REPORT ONE WEEK AFTER YOUR TREATMENT IS COMPLETED.

PLEASE CALL IF ANY QUESTIONS 437-1296.