laser, light and energy

LASER, LIGHT & ENERGY TREATMENTS
PRE & AFTERCARE SHEET

QUESTIONS/CONCERNS PLEASE CALL THE SCHOOL AT (801) 530-0001

FOR EMERGENCY RESPONSE

Natalie Parkin, Skinworks Owner (801) 414-7551
Tessa Linford, Medical Director (801) 706-7710

CONTRAINDICATIONS

- Tanned skin (active tan) or through sun exposure or tanning bed or self-tanners in the previous 14 days (because of increased risk of hyperpigmentation).
- Waxing, plucking, sugaring, or threading depilation procedure of the area in the previous1-3 weeks (because the hair has been removed)
- Hypopigmentation (i.e. vitiligo)
- Autoimmune diseases and disorders
- Any inflammatory skin condition (i.e. eczema, active Herpes Simplex, etc. at the procedure site)
- Presence of cancer or current cancer drug therapy
- History of keloid scarring
- Light Sensitive Epilepsy
- Any photosensitive medications or supplements
- Use of topical Retin-A previous 2 weeks
- Accutane in the previous 6 months
- Pregnancy or breastfeeding
- Use of blood thinning substances or medications
- The presence of any implanted medical device such as a pacemaker.
- Presence of surgical metal pins or plates under the tissue to be treated (letter of clearance must be presented from primary care physician to proceed with this treatment)
- Note: tattoos will be affected proximal to treatment

WHAT TO EXPECT FOR ALL LASER, IPL, AND ENERGY DEVICE SERVICES.

- *All laser services require a test patch at least 72 hours before the service. If client has not been in for more than 6 months, the test patch must be done again. This is due to environmental factors, age, hormones, and other health-related issues.*
- Contact Natalie or Tessa our Medical Director immediately if you show any signs of infection (pus).
- *HAIR REMOVAL: Please fully shave the area of treatment the night before or morning of your appointment.*
- The treated skin throughout the course of treatments is sensitized to sunlight. Clients must wear a daily broad-spectrum sunscreen SPF 30 or greater.
- Any blistering, treat with light weight serum, please contact Skinworks if you are out of any serum's that we may have provided at the time of your service.
- When treating pigmented lesions, the lesions will darken, crust, and then slough off over the course of several days (7-10 days). Clients must not scratch or pick at crusts as it may result in scarring.
- Clients should not have any chemical exfoliations for 4 weeks and or microdermabrasion treatments for at least 2 weeks after laser treatments, and 4 weeks after IPL.
- Clients should not exfoliate during the healing process and until all lesions have sloughed off naturally. (Pigmented Lesion Removal)
- Many clients experience a histamine reaction which can cause hives or inching, this is normal. Symptoms may be relieved by using an antihistamine such as Benadryl or Cortisone Cream.

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- **VEIN REDUCTION:** Discomfort, such as swelling or redness (lasting from a few hours to a couple days), can be relieved with acetaminophen or ice packs.
- **TATTOO REMOVAL**: You can expect some blistering, leave the blister alone, keep it clean & dry.

APPLICATION OF SERUMS, OINTMENTS & CREAMS

- Cortisone cream should be applied if area is irritated or itchy.
- Aloe vera should be applied to rehydrate skin.
- If hyperpigmentation develops it should be allowed to crust up and flake off naturally, do not scratch or pick at crust
- An antibiotic ointment should be utilized if there is any open blistering or break in the skin.
- Do not shave treated area for 3 to 7 days post-treatment if crusting or blistering occurs.
- Normal skin care regimens, i.e., makeup, moisturizers, deodorant, shaving may be resumed the day following the procedure provided there is no redness, blistering, or crusting present.

BATHING

- Wash treated area gently with mild soap and lukewarm water. If treated area is irritated, the area should not be rubbed with a face cloth or towel. The area should be gently patted dry.

SUN PROTECTION

- Sun exposure should be avoided throughout the course of treatment BEFORE & AFTER. A broad-spectrum sunscreen with an SPF of 30 or greater should be applied whenever the area may be exposed to the sun.
- Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

ACTIVITIES

- Swimming, sports and or strenuous exercise should be avoided until any redness, crusting, blisters have resolved following the laser treatment

REBOOKING

- For hair removal on face, rebook within 4-5 weeks.
- For hair removal on body, rebook within 5-6 weeks.
- For tattoo removal, rebook within 6-8 weeks.
- For IPL, rebook within 2-4 weeks.