

# Pre Care Instructions

## Before Laser Treatment

- Avoid unprotected UV (sunburn) exposure for a minimum of 4 weeks prior to treatment. It is recommended you avoid unprotected UV exposure throughout the duration of your treatments.
- Wear broad spectrum SPF 30+ (UVB /UVA) daily.
- Facial treatment - If you have a history of herpes / cold sores, you may wish to take anti viral medication prior to treatment, to prevent an onset.
- Any raised or suspicious lesions cannot be treated with laser unless diagnosed by a doctor.
- Do not use fake tan on the purposed area for 2 weeks prior ro your treatment.
- Do not wax (48h) or any other dermal therapy such as chemical peel (2 weeks) , micro-dermabrasion (1 week) prior to the laser treatment.
- If you take any retinol serum (retinoid ac and similar) in your routine skin care, please stop a week before laser treatment
- Please note that pregnancy is a contraindication
- If you take any medication which requires you to stay away from the sun ( photosensitive drug), laser treatment is not possible. Roacutane and doxycycline are one of these drug. Please let us know in advance.
- Please phone the clinic if any medication or life style changes occur between now and your next treatment, so we can advise on the appropriate action.