**Recommended Pre & Post Care Instructions for Laser Genesis Treatment & Pigmented Lesions**

**Before Treatment:**

* Purchase aloe gel for post treatment
* Do not wear makeup on the day of treatment
* Excess hair may need to be shaved. Men should be cleanly shaved
* Some medications or supplements may increase the risk of bruising
* No sun-tanning or self-tanners 4 weeks prior to treatment
  ** Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
* Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
* Notify clinic with any changes to your health history or medications since your last appointment
* History of herpes or cold sores may require an anti-viral prescription prior to treatment

**After Treatment:**

* Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
* Bruising, redness and swelling may occur and resolve with time
* Treated pigment will turn darker (brown to black) within 24-48 hours (IF pigmented lesions treated)
  * Do not pick treated areas
  * Treated pigment will exfoliate off the face in approximately 1 week
  * Treated pigment will exfoliate off the body in 2-3 weeks
* Avoid heat - hot tubs, saunas, etc., for 1-2 days
* Avoid skin irritants (examples below) for 3-5 days post - treatment
  * Products containing Tretinoin, Retinol, Benzoyl Peroxide, Glycolic / Salicylic Acid, Astringents, etc.
* Multiple treatments maybe required
* Notify clinic of any concerns (blistering, excessive redness / swelling, etc.)
* After treatment, ice & apply aloe gel