



PRE PROFRACTIONAL LASER THERAPY INSTRUCTIONS

It is crucial to the health of your skin that these guidelines be followed.

PRE PROCEDURE SHOPPING LIST

- Aspirin or Ibuprofen
- Anti-histamine (i.e. Benadryl)
- Ice pack
- Large size gauze and distilled white vinegar (for soaks)

PRESCRIPTION MEDICATIONS

REQUIRED

- Anti-Viral: Valtrex 1 gram daily for 10 days (starting day before procedure). This is required even if you have no history of fever blisters.
- Mupirocin ointment: apply in nostrils once daily starting day before procedure and continue for a total of seven days. This is to lessen risk of bacterial infection.

OPTIONAL

- Pain and/or anti-anxiety medications to be taken as needed. These will be prescribed at your request and are not dispensed at our office. They should be brought to your appointment and taken when we apply the numbing cream. You will need a driver to take you home if you take any pain or anti-anxiety medications.
- Inflammation and swelling Rx: Medrol dose pack, Prednisone
- For darker skin types and patients with melasma, a cream such as hydroquinone or Lytera should be initiated at least two weeks before procedure and resumed one week after the procedure for eight weeks. We offer several products for melasma and hyperpigmentation in our skincare boutique.

*If you have an allergy to any of these medications, please notify us ASAP!



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RECOMMENDED SKINCARE PRODUCTS

Oxygenetix Foundation (oxygen-enriched makeup specifically designed for post-procedure skin)

- Full coverage with lightweight feel
- Promotes healing and masks redness to reduce social downtime
- Available in LABL Studio

Alastin Skin Nectar

- Designed to support the skin, before, during and after cosmetic procedures.
- Works with the skin's natural regeneration process and assists in improving the skin's appearance.
- Apply immediately post-procedure for faster recovery and healthier looking skin.
- For optimal results, start using Alastin Skin Nectar two weeks before your treatment and continue use two weeks after.

Other:

DAY OF PROCEDURE

- Arrive one hour before scheduled procedure time for consent, numbing and photography. Expect to be in our office for two and half hours.
- Before you arrive for your procedure, please eat a meal.
- Shower and wash your face (with an anti-bacterial soap) and hair.
- Wear comfortable clothing.
- Arrange for a driver to pick you up if you will be taking pain and/or anti-anxiety medications at our office.
- No makeup, facial creams or sunscreens
- No jewelry - necklaces, earrings, etc.
- Men MUST shave areas to be treated the morning of procedure.