



VEIN CLINIC | COSMETIC MEDICAL CLINIC | DR. NICHOLAS J. MORISON CCFP

## PATIENT PRE & POST CARE FORM FOR LASER GENESIS

For best results please follow these instructions

### BEFORE YOUR TREATMENT:

- No direct sun exposure, tanning beds, spray tans, or tanning lotions 4 weeks prior to treatment.
- Up to date health history of conditions, medications and allergies. **Some medications are photo-sensitizing and increase risk of side effects.** Please consult with your Pharmacist or Physician if you are unsure. (Ex: antibiotics, anti-histamines, aspirin, NSAIDS).
- **History of cold sores or herpes may require an anti-viral prescription prior to treatment. (Ex: Valtrax).**
- Avoid skincare products, prescription topicals or treatments that may irritate the skin for 1-2 weeks prior to treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, waxing, chemical peels etc).
- Avoid product and make up prior to treatment.
- Excess hair may need to be shaved. Men should be cleanly shaved.

### AFTER YOUR TREATMENT:

- Avoid direct sun exposure and tanning beds and use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30-50 for 4 weeks after treatment. Continuous use of sunscreen is advised to maintain results.
- Bruising, redness and swelling may occur and resolve with time.
- Avoid heat related activities such as: hot showers, hot tubs, saunas, and heavy/strenuous exercise for 24-72 hours.
- Avoid smoking, alcohol, caffeine, and spicy foods for 24-72 hours.
- Avoid skincare products, prescription topicals or treatments that may irritate the skin for 1-2 weeks after treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, waxing, chemical peels etc).
- Multiple treatments are required for optimal results.

### WHEN TO NOTIFY THE CLINIC:

- Wounds of burning, blistering, or bleeding. Do NOT ice blisters, cold compresses are fine.
- Excessive and prolonged redness, swelling, heat that is not improving after 72 hours.
- Excessive acne, cold sores, or herpes outbreak.
- **In case of emergency during after hours, weekends, and holidays please visit your nearest Walk-in clinic, Hospital or contact your Physician.**