



## LaseMD ULTRA Pre and Post Instructions

### PRE-CARE

- No sun exposure to treated area **4 weeks prior to treatment**. Stop all self-tanning products.
- Discontinue Retinols and any cleansers, creams or serums containing acids such as salicylic, glycolic, AHA, or lactic acid products **2 weeks prior to treatment**. Avoid treatments that may irritate the skin **1 week prior to treatment**, such as waxing.
- No Botox and Filler **2 weeks prior to treatment**.
- If you feel you are coming down with a cold or illness or have active cold sore, skin inflammation or infection, your treatment should be rescheduled.
- If you have a history of cold sores, please advise your provider prior to treatment as an antiviral can be taken prophylactically.
- Men should arrive cleanly shaven.
- If possible, arrive at the office with a clean face.

### POST-CARE

- A serum is immediately applied after treatment. It is important not to use an occlusive product on the skin after treatment to prevent heat retention. The day of treatment, wear a hat and leave the product applied overnight.
- Use a gentle moisturizer, such as Cicalfate or Alastin Ultra Nourishing Moisturizer until healed.
- Do not apply makeup to treated area for 24 - 48 hours.
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen daily for a minimum of 3 months post procedure. It is best to use a physical sunscreen (mineral-zinc) rather than a chemical sunscreen while you are healing.
- Avoid heat- hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants **for 7 days after treatment**. Products containing tretinoin, retinol, benzol peroxide, glycolic/salicylic acids, vitamin C, astringents.
- Expect mild swelling and redness, like a mild sunburn. It is normal for your skin to take up to 7 days to look and feel normal. At this point it is okay to resume your normal skin care routine.
- It can take up to 3-6 months after completion of treatments to see full effects.

### TREATMENT PROTOCOL

- Space treatments 4 – 6 weeks apart.
- Number of treatments- Patients typically receive 3 – 4 treatments.