



Ultra Laser Treatment Pre and Post Care

Pre-Treatment Instructions:

- Discontinue any irritant topical agent (ex: Retinol) 4 days prior to treatment
- No sun exposure at least two weeks prior to treatment.
- Arrive for treatment with clean skin. No lotion, make-up, perfume, powder, bath/shower oil or lotion should be present on the area to be treated.
- Cannot be pregnant or nursing
- Avoid use of sunless tanners 2-4 weeks prior to appointment
- Notify provider if you have taken Accutane in the past 6 months
- Notify provider if you are on any photosensitive medications

Post-Treatment Instructions:

- MENDS (microscopic epidermal necrotic debris) will appear on the 2nd to 3rd days after treatment as tiny sand like texture or dark spots and treated area will have bronzed appearance.
- Patients may experience burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Make sure to enclose the ice pack in sterile and dry gauze to prevent water from penetrating the tissue in the treated area.
- Keep the treatment area moisturized, using ZO daily power defense or hydrating creme. After the first day, gently wash and pat the skin gently dry for two days. Do not scrub the treated area. Moisturize daily. Usually, any crust will separate naturally within 5-7 days after the treatment.

- Please do not exfoliate or use any active ingredients such as Retinol, Vitamin C, or complexion renewal pads for 1 week post treatment.
- Avoid exercising for the first 48 hours post-treatment or until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- For at least 20 days after treatment, apply UV A/B sunblock daily with SPF of at least 30. Use an umbrella, hat or any other available protection against sunlight while spending time outdoors.
- Please contact our office with any questions or concerns. 731-554-7727

Thank you for choosing Rejuvenate Wellness and MedSpa!