

**Patient Name:** \_\_\_\_\_

**Pre-Treatment**

- Notify your practitioner of any medications you have used within the last 6 months.
- Discontinue use of Accutane 6 months before and after your treatment.
- Discontinue use of medications containing AHA's, retinoids, exfoliants, etc 1 week prior to treatment.
- Notify your practitioner if you have a history of perioral herpes.

**Immediately Before Treatment**

- Remove any make-up and/or lotions and make sure that the skin is dry in the area to be treated.

**Post-Treatment**

- You may return to your normal daily activities immediately after your treatments.
- Avoid extended sun exposure or tanning for at least 1-week post treatment.
- Use of a broad spectrum UVA/UVB minimum of SPF 30 is very important after receiving any laser treatment. Remember to reapply throughout the day.
- Discontinue any chemical peels or exfoliating agents as the skin may become more sensitive after the treatment.
- Keep the area well moisturized as dryness may occur – an oil free lotion is preferred to help the treatment be as effective as possible.
- If you have been taking acne medications, you may resume normal use 5 days after the FINAL treatment session.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.

Your next scheduled appointment will be \_\_\_\_\_.

Other recommendations

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