

Patient Name: _____

Pre-Treatment

- Notify your practitioner of any medications you have used within the last 6 months. *Blood thinning medications can hinder the results of vascular treatments.
- Notify your practitioner if you have a history of perioral herpes.

Immediately Before Treatment

- If applicable, shave or trim any hair in the area to be treated. This will help achieve the best possible results.
- 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, but refrain from vigorous exercise for 3 days post-treatment.
- Avoid extended sun exposure or tanning for at least 1-week post treatment.
- Keep the treatment site moist by reapplying ointment (e.g., Aquaphor) multiple times per day for a week after treatment. Should any scabbing occur, do not pick or scratch at the treated skin.
- Immediately after treatment there may be some transient erythema in or adjacent to the treated area, which should resolve within a few days. It may take up to 6 weeks for the affected areas of skin return to a more normal thickness, but the redness may take up to several months to improve. Typically, maintenance sessions will need to be scheduled for continued improvement of flare ups occur.
- 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
