



# REGENERATION, P.C.

## **Recommended Pre & Post Care for Laser Genesis Treatments**

For Best Results Please follow these instructions

### **Before your Treatment:**

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaven.
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Including spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

### **After your Treatment:**

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further damage
- Bruising, redness, and swelling may occur and resolve with time
- Avoid heat-hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Multiple treatments are required
- Notify clinic of any concerns (blistering, excessive redness, swelling, etc.)
- Consult with clinic about when to resume skin care regime.

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