



Anti-Aging And Medical Skin Care Center

LASER HAIR REMOVAL AND INTENSE PULSE LIGHT (IPL)

PRE-TREATMENT INSTRUCTIONS:

The Intense Pulse Light and Hair Removal lasers work by being attracted to the pigments in the skin, hair, blood vessels or sun spots (depending on which laser). During a laser treatment, the laser beam (light) penetrates through the skin and into the pigmented target (hairs, vessels or sun spots) where the energy is absorbed and damages the intended target.

The pigment-producing cells in your skin (called melanocytes) can activate with even 5 minutes of sun exposure. These are the cells responsible to give your skin its tanned appearance after UV exposure. Once activated, these melanocytes can start producing pigment initially from **inside** the cells first (even if you don't look tan on the outside). The extra tan pigment may attract and scatter the laser beam away from the intended pigmented target and into the surrounding skin cells. Just like a darker colored car will be hotter than a lighter colored car, darker pigment absorbs more heat. Without adjusting the laser settings, this can increase your risk for burns and reduce the effectiveness of the treatment if you have a tan or prolonged sun exposure in the treatment areas. Most people consistently underestimate the amount of UV light exposure they experience on a daily basis.

For best results, please let your laser technician know if you've had more than 15 minutes of continuous sun exposure to the treatment areas in the last 2 weeks, even if you used sun protection. This is so they can be vigilant for any adverse or excessive reactions. Please do not use spray tan or self-tanner at least 72 hours before your laser treatment. Please wash/scrub off any residual spray tan or self tanner as much as possible prior to your appointment.

FOR IPL AND LASER HAIR REMOVAL: For your safety, we cannot perform any laser services if the intended treatment areas are sunburned when you arrive for your appointment. If a treatment can't be performed due to no error on our part, your appointment will be cancelled, counted as a cancellation with less than 24 hours notice and you will be responsible for any associated fees per the DermAesthetics, LLC Financial Agreement.

DO NOT apply tretinoin, Differin, Tazorac, Retin-A, Renova, retinol or other anti-aging topical creams to the intended treatment areas for 48 hours prior to laser treatment. Ask LouAnn Perugini, APRN, if you have any questions about your skin care creams. If you did inadvertently apply one of the products within 48 prior to your appointment, your treatment may still be performed but please let your laser technician know prior to treatment so they can adjust settings for safety.

IPL and Laser hair removal cannot be done over a tattoo or permanent make up. Please let your laser technician, know if you have any tattooing in the intended areas to be treated.

FOR LASER HAIR REMOVAL: Do not get electrolysis and do not pluck, tweeze, thread or wax for three weeks prior to treatment because these remove the intended laser target.

The areas to be treated should be shaved 12-24 hours prior to laser hair removal procedure, visible hairs increase the risk for an ineffective treatment and possible burns. Hair-free skin will yield the best results but small (1/16th inch) stubble is ok. For your safety, we will not perform a laser treatment if the intended treatment areas are not recently shaved when you arrive for your appointment.



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If we can't perform a treatment due to no error on our part, your appointment will be cancelled, counted as a cancelation with less than 24 hours notice and you will be responsible for any associated fees per the DermAesthetics, LLC Financial Agreement.

Treatments are required to be performed over cleaned skin, void of all lotions, creams or other topical products. If possible, please DO NOT wear make-up, deodorant, moisturizers, creams, perfumes or powder on the areas to be treated on the day of your appointment. Please tell your laser technician if you applied ANYTHING at all to the treatment areas so that it can be washed off prior to treatment.

Avoid tight restrictive or elastic type stretch pants, following bikini treatments, for 3-5 days.

If you have a history of herpes or cold sores (fever blisters) occurring in the intended areas to be treated, you will need to have a prescription for suppressive therapy to take prior to treatment. Please let LouAnn Perugini, APRN, know if you want or need a prescription for anti-viral medications to take prior to your appointment.

Certain medications can make you more sensitive to the laser light. Please let LouAnn Perugini, APRN, of any new medications that you may be taking since your initial consultation appointment.

POST TREATMENT INSTRUCTIONS:

- After IPL, small water blisters or crusts can rarely occur. Do not rub, scratch or pick the treated area until healed.
- If the treated area becomes increasingly tender or shows signs of infection such as pus, increased redness, warmth or pain, or if you develop a fever, contact LouAnn Perugini, APRN, immediately.
- Sweating, swimming, sports, and strenuous exercise for two to three days following treatment should only be resumed if tolerated.
- Do not shave the treated area for a minimum of 3 days after treatment. Do not shave the area even longer if crusting or blistering occurs. You may resume shaving once the skin is closed and healed.
- Do not use hot water on treated areas immediately following treatments for 24 hours. Warm water is acceptable.
- If crusting or open skin occurs, using cleaned fingertips, gently apply a light coat of a plain petroleum based ointment like Vaseline or Aquaphor to the treated area as often as necessary to keep the area moist for the first 72 hours.
- Keep the treated area clean and washed gently at least twice a day with gentle cleansers such as Cerave or Cetaphil. Excessive rubbing can cause trauma to the area and may increase the chance of scarring or hyperpigmentation. Do not scrub the treated areas for 7 days.
- If needed, swelling or redness can be relieved with over the counter anti-inflammatories such as Motrin, Aleve, Naproxen, etc. You may also apply cool wet compresses to the treatment site with plain cold water and a washcloth every 1-2 hours as needed, avoiding friction, scrubbing or rubbing. If your swelling is significant, please text or call us.
- It is best not to apply make-up to the treatment site for at least the first day of treatment. If make-up is a must, you should apply and remove it very delicately and not apply makeup that may have been previously contaminated by your fingers.

DermAesthetics, LLC
348 Main Street South
Southbury, CT 06488



info@CTderma.com
www.CTderma.com
[\(203\) 699-6772 \(6SPA\)](tel:(203)699-6772)

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- After LASER HAIR REMOVAL, the treated hairs will exfoliate or push out in approximately two to three weeks (sometimes sooner). Treated hairs, sun spots and small capillaries may appear darker before falling out, peeling off or resolving.
- Apply a mineral-only sunscreen of at least 50 SPF or greater to the treatment areas prior to any sun exposure and reapply every 80 minutes for continued sun exposure.
- You may resume all anti-aging, retinols, tretinoin and glycolic topical creams to the treatment areas 3-4 days after treatment, or when your skin feels like it is healed and back to normal.

Please email, text or call us anytime if you have any questions or concerns.

LouAnn Perugini, ACNP, FNP, DCNP, CANS

Dermatology and Aesthetic Board Certified APRN
DermAesthetics, Anti-Aging, Laser & Medical Skin Care Center
Office: [\(203\) 699-6772](tel:(203)699-6772)
Text: [\(203\) 871-3299](tel:(203)871-3299)
info@ctderma.com
www.CTderma.com