



Light Therapy Pre and Post Treatment Care

Pre-treatment Instructions:

1. Your skin should be as light as possible before your treatment.
2. Avoid tanning (sun tanning, tanning bed, tanning creams, self-tanner) for at least 4 weeks before treatment. If you must go in the sun, use a sunscreen of SPF 45 or higher and protective clothing.
3. On day of treatment, do not apply any type of make up, body lotion, oils, creams, or perfumes. Keep skin clean and free of any products. No deodorant for underarm hair removal.
4. For hair removal, shave area to be treated one (1) day before treatment. Do not use any form of mechanical epilation in area to be treated 4- 6 weeks prior to appointment (i.e. plucking, tweezing, waxing, electrolysis, or sugaring).
5. Please inform us if you have recurrent cold sores (herpes) in the areas to be treated.
6. For those with sensitive skin, we recommend applying an anesthetic cream (such as LMX, available in our clinic) to area 30 - 60 minutes prior to treatment.

What to Expect:

The process:

First a gel will be applied to the treatment area. The Palomar wand will be placed over the area to be treated and pulsed a few times. You may feel a quick snap at every pulse. Then your skin will be cooled with a special roller if needed, and the process will be repeated until all of the areas have been treated. Some have reported feeling a sunburn sensation. This will subside within a few hours. Others have reported feeling nothing at all. Everyone is different.

Hair Removal Treatment:

- Because treated follicles have been heated, the area may swell somewhat for a day or so. Swelling results from heat, not infection, and is therefore normal and expected.
- Speckling may form in some areas. Again, this does not mean infection and does not mean the area will scar. Do not pick at the speckles. They will disappear gradually over a short period of time.
- You may notice some continued hair growth for 2-3 weeks after treatment. This process is called purging and will take some time to complete. You should wipe away these hairs with a damp cloth or exfoliate with a loofah once the sensitivity of treated area resolves. Remember, hair grows at different cycles and, for optimal results, must be treated several times to ensure the hair has been caught during its growth cycle.
- Follow up treatments will vary between 5-8 weeks depending on the body area.

Skin discolorations and vascular lesions:

- Because treated pigments and veins have been heated, the area may swell somewhat for a day or so. Swelling results from heat, not infection, and is therefore normal and expected.
- Crusts may form on some pigmented skin spots. Again, this does not mean infections and does not mean the area will scar. Do not pick at the crusting. It will flake away on its own. You will start to notice this in about 7–10 days.
- Areas where veins have been treated may appear red for a few days and will eventually fade away. Some crusting may form as well. Do not pick the crusting.
- For optimal results, follow up treatments may be required. Our clinic will follow up with a call to check on your progress and results.

Post-treatment Instructions

1. Immediately after treatment, there may be slight redness at the treatment site, which may last up to 2 hours or longer. In many individuals, no significant redness lasts for more than 2-8 hours. In the remainder of cases, slight redness can last for 24-48 hours. In some cases, prolonged redness or blistering may occur.
2. To relieve swelling or warm sensations, apply cool water compresses on the area, Aloe Gel, or hydrocortisone cream, 1-2 hours after treatment. You may also take Tylenol or ibuprofen for discomfort.

3. If the area becomes dry or itchy, you should apply a thin coat of fragrance-free moisturizer (Lubriderm, Eucrine, Curel, Cetaphil) to the treated area once or twice a day for 7 days. Do not use moisturizers containing alpha-hydroxy acids. Moisturizing will also help the dead hair purge from the follicle.
4. If you experience intense itching 2-4 days after treatment, application of ice, Gold Bond Cream®, or hydrocortisone cream (i.e. CortAid Intensive®) will help.
5. If you are on a skin care cream or program, resume using it after five (5) days or after tenderness resolves.
6. After swelling or tenderness resolves, you may apply makeup as desired.
7. Do not pick or rub spots or veins that have been treated. The darkness will go away on its own. Pat dry after showering and apply sunscreen or moisturizer.
8. You may shave, but do not use any other hair removal methods or products on the treated area during the course of your treatments.

PRECAUTIONS:

- Do not scratch or pick the area. Scratching or picking the area will have the same result as picking any scab or pimple, and the area could scar and become infected.
- If you experience local redness, which is warm or hot to touch or run a fever, notify your doctor immediately, as these may be signs of infection. If the site does become infected, you may need to take antibiotics.
- Avoid sun exposure to reduce the chance of dark or light spots. Wear clothing or sunblock (SPF 45) to protect the treated area from direct sun exposure. Use sunscreen throughout the course of treatment.

*If you have any questions or concerns, please contact us immediately at **407-644-8193**.*