

## 2-4 WEEKS PRIOR

- **Avoid direct sun, tanning beds & self-tanners. Sunburned or tanned skin increases the risk of complications.**
- **SPF Use:** Apply a broad-spectrum physical sunscreen (SPF 30+ with zinc or titanium) daily.
- **Skin Treatments:** Stop chemical peels, microneedling, waxing, or aggressive facials in the area to be treated.
- **Medications:** Inform your provider of all medications and supplements. You may need to stop photosensitizing drugs (like doxycycline, minocycline, etc.) before treatment.
- If you have had Accutane in the past 6 months, this treatment is not recommended.
- **Hair Removal:** Stop waxing, plucking, or depilatories on the treatment area (**shaving only**).
- Tell your provider if you are pregnant, breastfeeding, or have a history of keloids, post-inflammatory hyperpigmentation, or recent isotretinoin use.

## 5-7 DAYS PRIOR

- **Skin Products:** Discontinue retinoids (Retin-A, tretinoin), glycolic/salicylic acids, and other exfoliating or irritating products.
- **Supplements:** Avoid high doses of blood-thinning supplements (fish oil, vitamin E, ginkgo, Aspirin etc.) unless prescribed. **Bruising can occur if instructions are not followed.**

## 12-24 HOURS PRIOR

- **Shaving:** If treating a hair-bearing area (like face or neck), shave as directed by your provider.
- **No Makeup or Lotion:** Arrive with clean skin, free of makeup, lotion, perfume, or sunscreen.
- **Hydration:** Drink water and keep skin well hydrated with a gentle moisturizer.
- **Comfort Prep:** Depending on the procedure, your provider may prescribe or offer numbing cream, topical anesthetic, or antivirals (for patients with a history of cold sores).
- Report any recent sunburn, tanning, or active infection on the treatment area.
- You cannot receive treatment if you have any open scraped or abrasions on the treated area.

## IMPORTANT REMINDERS

- All laser, lights, and microneedling appointments need to wait 4 weeks until next treatment.
- **IF ANY OF THE ABOVE CONDITIONS ARE PRESENT AT THE TIME OF YOUR APPOINTMENT AND PREVENT TREATMENT FROM BEING PERFORMED, A \$75 CANCELLATION FEE WILL APPLY.**