

TITAN

**PRE / POST CARE**

**ONE WEEK BEFORE YOUR TREATMENT:**

Please avoid sun exposure as sunburned skin cannot be treated. Also avoid sunless tanning products for 1 week prior to your appointment.

Avoid irritants to your skin (hydroquinone, bleaching creams, retinoic acid/retinol, Triluma, Differin, Tazorac, benzoyl peroxide, glycolic/salicylic acids, chemical peels, astringents, vitamin C, "Nair" type products etc) 1 week prior to your treatment area.

Please inform us if you are taking any new antibiotics ("tetracycline, doxycycline"). Certain medications can make you more photosensitive and we may not be able to treat you until 2 weeks after completion of the antibiotic. You cannot receive treatment if you have taken Accutane within the past 6 months.

**DAY OF TREATMENT:**

Individuals with a recurrent history of herpes simplex ("cold sores or fever blisters") should take oral anti-viral medications if the upper lip, mouth or chin area will be treated. Please call our office so that we can call in a prescription for you (847) 719-2200.

If you have an active cold sore or skin infection the day of your treatment, please call our office to reschedule your appointment.

If you will be receiving topical numbing cream, pain or anti-anxiety medications, please arrive to the clinic 30-45 minutes prior to your appointment time. We also suggest that you have someone drive you home after your procedure if you are taking pain and/or anti-anxiety medications.

Please arrive 30 minutes before your 1st treatment to sign consent forms & have your photos taken.

If possible, do not apply makeup, lotions, moisturizers etc to your treatment area. Cleansers are available for you to remove these products at our office.

We will be happy to coordinate follow up appointments around your schedule to minimize any inconvenience.

After your treatment, you may feel slightly tender & red for a few hours. Swelling can occur and last 1-2 days. We do not want you to use ice or cold compresses after your treatment unless advised by our laser specialist.

You may apply makeup and sunblock immediately after your treatment.

## **POST CARE**

You may experience temporary mild swelling and/or redness for a few hours after treatment. Rarely, a bruise or a blister can occur and last a week. If you develop a blister, you can apply an antibiotic ointment such as polysporin or bacitracin twice a day until resolved.

If you develop a cold sore or blister immediately after your treatment, please call Dr. Gulcher or her staff to let them know. You will likely need to be pre-treated with an anti-viral medication to prevent future treatment outbreaks.

Ice or cooling packs should be avoided in order to maximize your treatment response. Pain medication is not needed after your treatment. Aloe Vera gel may be applied immediately after your treatment and as needed to help soothe the skin.

Do not wax, tweeze or use depilatory to the treated areas for a few days after your treatment as this can irritate your skin.

Avoid hot tubs, saunas, steam rooms and strenuous exercise the day of your treatment. You may resume your normal activities and mild intensity exercise immediately.

An SPF 30+ sunblock with Zinc Oxide will be applied after your treatment. You should continue to apply sunblock daily to optimize results and minimize irritation.

Makeup may be applied immediately following treatment.

Avoid irritants to your skin, such as products containing retinoic acid/retinol, benzoyl peroxide, hydroquinones, glycolic/salicylic acids, astringents or Vitamin C ointments/creams for a few days after your treatment. Any questions regarding your post-laser skincare regimen, please don't hesitate to talk with our clinical staff.

A gentle non-exfoliating cleanser and light moisturizer should be used the day of treatment. Your normal skin care regime may be resumed the day after treatment or as directed by our clinical staff.

If you receive Botox, Dysport, dermal filler injections and/or chemical peels, these can be resumed 1 week after your treatment.

Post-procedure skincare regimen will be suggested by our laser specialists in order to enhance the effectiveness of your laser treatment and minimize complications.

Don't forget to schedule your next treatment. We will be happy to coordinate follow-up appointments around your schedule to minimize any inconvenience.