

Dy Dermatology Center

Aesthetic Procedures

Laser and Energy Based Treatments

Pre-Procedure Instructions

2-4 Weeks Prior to Procedure

- Sun Exposure. **Sun exposure is to be strictly avoided 4 weeks prior and 8 weeks following treatment.** Sun exposure may cause problematic skin discoloration.
- Self-Tanning. Do not use any self-tanning lotions in the month prior to treatment.
- Bleaching Cream. Our provider(s) may prescribe lightening agents for use 2-4 weeks prior to treatment to reduce the risk of hyperpigmentation (PIH).
Stop this medication three days before your treatment.

10 Days Prior to Procedure

- Diet/Supplement Restrictions. Avoid foods, drinks, and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, ibuprofen, Naproxen, Motrin, St. John's Wart, Vitamin E, Omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medication if necessary. Make sure you and your provider have reviewed your medication list as certain medications and health conditions can be contraindicated.

1 Week Prior to Procedure

- Hair Removal. Avoid electrolysis/waxing/hair removal creams 1 week prior (in the areas of the face/body where the procedure is going to be performed)
- Arnica. If provided, start your Arnica tablets 5 days before your scheduled procedure. One in the am and one in the pm and continue until the bottle is finished.
- Stop Retinol use and/or chemical peeling agents.

3 Days Prior to Procedure

- Cold Sores. Patients with a history of cold sores will be prescribed an anti-viral medication to prevent a cold sore breakout after the procedure. Start this medication 3 days before the procedure and continue until all tablets are taken. **IF YOU ARE EXPERIENCING A BREAKOUT PRIOR TO THE SCHEDULED PROCEDURE, PLEASE NOTIFY THE OFFICE AT 847.832.1185.**

Over . . .

Day of Procedure

- Dress comfortably. Do not wear nice clothing. Dress in comfortable, low neck, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Do NOT wear any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.
- Wash Your Face. Wash face prior to treatment. Do not apply anything to your face after cleansing. This includes lotion, sunscreen, make-up.

Thank you.

If you have any questions, or concerns, please feel free to contact our office at

847.832.1185