LASER GENESIS

Pre-Treatment Patient Instructions

- Avoid stimulants such as caffeine the day of your treatment
- Hydrate well the day of your treatment
- Get adequate rest the night before
- Avoid sun exposure 48 hours before
- Avoid tretinoin cream (Retin A), glycolic acid, astringents, benzoyl peroxide, and other harsh chemicals for 48 hours before
- Plan for the treatment area to be cleaned before the procedure

Post-Treatment Patient Instructions

- Your skin may be slightly hypersensitive or tender for 1-2 days after the procedure
- Report any persistent areas of redness, or blistering immediately
- Hydrate well to promote optimal healing and recovery
- Avoid sun exposure or hot water over the treatment area for 5 days
- Avoid tretinoin cream (Retin A), benzoyl peroxide, glycolic acid, astringents, and other harsh chemicals for 48 hours after
- Cleanse treated area with only gentle, non-abrasive cleansers for at least 48 hours after
- Apply sunscreen with at least SPF 30 daily
- Make-up and sun screen may be applied immediately following unless you are otherwise instructed by Dr. Deep