

## PRE & POST CARE FOR LASER GENESIS TREATMENTS

**For best results please follow these instructions**

### **Before your treatment:**

- It is best not to wear makeup on the day of your treatment
- Men should be cleanly shaved
- No sun-tanning 4 weeks prior to treatment & avoid sun tanning products
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1 week prior to treatment (waxing, depilatories, etc.)
- Notify the therapist with any changes to your health history or medications at all appointments
- If you suffer from herpes or cold sores you may require an anti-viral prescription prior to treatment

### **After your treatment:**

- Avoid sun exposure
- Use the recommended (UVA/UVB) sunscreen to prevent further sun damage
- Redness or swelling may occur and will resolve with time
- Avoid heat – hot tubs, saunas or hot showers etc for 1-2 days
- Avoid skin irritants (examples below) for a few days post-treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Multiple treatments are required
- Call the salon if you have any concerns