

Laser Treatment: Excel HR, CoolGlide, VariLite

Pre-treatment

4 weeks prior to your appointment:

- Avoid sun tanning, tanning beds, and sunless tanners (in treatment areas) for 4 weeks prior to treatment. Optimize your sun protection by wearing sun-protective clothing, hats, broad-spectrum sunscreen with SPF 30 or higher (for best protection, use a sunscreen with zinc oxide). Reapply every 2 hours while outdoors.

1 week prior to your appointment:

- Avoid aspirin, fish oil/ingestion of fish (shellfish are fine), coconut oil, naproxen (Naprosyn, Aleve), garlic pills, ginkgo, ginseng, curcumin/turmeric, and St. John's Wort for 1 week. Discontinue ibuprofen (Advil, Motrin) 3 days before your procedure. Note: do not discontinue medications that you are taking for medical reasons without consulting your prescribing provider.

On the day of treatment:

- If you have a history of cold sores (herpes viral infections), take your acyclovir or valacyclovir (Valtrex) as recommended and continue for 5 days. Like sunlight, laser light can trigger a flare, and the medication reduces this risk.
- If you have an active cold sore or infection in the area of treatment, we cannot treat you. Please contact our office as soon as possible to reschedule your treatment.

Post-treatment

If you have a history of cold sores, continue to take your 5-day course of antiviral medications.

If you have received Laser Genesis: there is typically minimal redness. Continue your usual activities.

After laser treatment other than Laser Genesis: mild swelling and/or redness may occur, which usually resolves in 1-2 days. You may intermittently apply ice or gel packs to the treatment area if desired. Acetaminophen (Tylenol) may be taken for discomfort (usually mild). Occasionally areas may blister or scab. These typically heal well without scarring; you may wash as usual and apply Aquaphor or Vaseline to hasten healing. Avoid aggressive scrubbing or use of exfoliants in these areas. Do not pick, scratch, or remove scabs, which could cause scarring.

If you received treatment of vessels: blood vessels may disappear after treatment or may appear darker and then fully or partially fade over months (typically within 2 months). To optimize your response to treatment, avoid heat after your treatment for 24 hours (hot baths, showers, saunas, activities that may cause your skin to turn red or become flushed).

If you received treatment of pigment: spots will darken after treatment (may turn dark brown). These will shed naturally in 1-2 weeks and continue to fade over the next 6-8 weeks.

Daily broad-spectrum sun protection optimizes results for all patients.

**Please contact us with any questions or concerns:
480-591-3500 or 602-494-1817**