

Avalon Laser

PREPARING FOR YOUR CLEAR & BRILLIANT TREATMENT

PRE-CARE INSTRUCTIONS:

- Avoid sun exposure or tanning or use of any self-tanning products for at least 7 days before your appointment.
- If you have history of cold sores or herpes outbreaks to the face, it is recommended to take anti-viral medications (Valtrex, Acyclovir, etc.) for approximately 2 days prior to treatment to prevent an outbreak. Please contact us if necessary.
- For any history of atypical moles, abnormal skin conditions, or recent history of skin cancer, a clearance from your Dermatologist is needed.
- Avoid recent chemical or mechanical peeling (microdermabrasion, etc.) in the area to be treated for at least 2 weeks. If the skin is still peeling additional time may be required.
- Avoid laser resurfacing to the treatment area or at least 2 months before and after.
- Please make sure you can allow at least 24-48 hours without makeup after treatment so that your makeup does not to interfere with the healing process. If not, we would be happy to reschedule you on an alternate date.
- Stop using retinol-type products for 1 week before and after treatment.
- Make sure the treated area is washed before treatment and avoid using moisturizers, make-up or any other topicals.

POST-CARE INSTRUCTIONS

- Do not apply any cooling packs or any products (except for growth-factor ampules, sunscreen, aloe vera gel or Aquaphor healing ointment) for 1 hour after the treatment. It is recommended to go directly home.
- Avoid direct sunlight for at least 3 days after the treatment, as your skin will be sensitive. Wear hats and apply a sunblock of SPF 45 or higher.
- Do not apply any cosmetics or harsh chemicals for at least 24-48 hours. Please use a clean cosmetic brush afterwards.
- It is normal to see darkening, redness or mild/moderate puffiness of the skin shortly after the treatment. It is also normal for the skin to have a "sandpaper" feel or have some flakiness.
- Avoid hot water to the treated area, jacuzzi's, saunas, hot showers etc. until the area is fully healed. Brief warm (not hot) showers are recommended.
- Avoid exercising or any vigorous activity that will raise body temperature for at least 24 hours after treatment. Excessive sweat can irritate the skin.
- Please notify us if you see prolonged redness, excessive puffiness, or other unusual side effects more than 2 days after treatment.
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We ask clients that they provide at least a 24 hour notice before any changes or cancellations to scheduled appointments in order to avoid incurring a cancellation fee or forfeiture of service.