

## ACNE THERAPY: Pre/Post Care

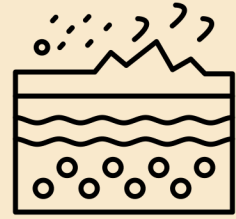
### PRE-TREATMENT



Notify your practitioner of any medications you have used within the last 6 months, especially Accutane (isotretinoin)



Notify your practitioner if you have a history of cold sores.



Discontinue use of medications containing AHA's, retinoids, exfoliants, 1 week prior to treatment.

### IMMEDIATELY BEFORE TREATMENT

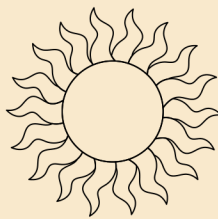


Remove any make-up and/or lotions and make sure that the skin is dry in the area to be treated. Come to your appointment WITHOUT any makeup or products applied to the skin.

### POST TREATMENT



You may return to your normal daily activities immediately after your treatments, but refrain from vigorous exercise for 3 days post-treatment.



Avoid extended sun exposure or tanning for at least 1-week post treatment.



Use of a broad spectrum UVA/UVB minimum of SPF 30 is very important after receiving any laser treatment. Remember to reapply throughout the day.



Discontinue any chemical peels or exfoliating agents during your treatment course as the skin may become more sensitive after the treatment.



Make sure to change your pillowcase and towels daily to keep from transferring bacteria to your skin! Clean your makeup brushes too!



To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.