

# How to Get the Most Out of Your Laser Facial Treatment

## Timing

- **Do NOT Suntan for at least 2-4 weeks before your laser treatment!**
- **Do NOT use self-tanner for at least 2 weeks before your laser treatment!**
- **Do NOT use retinoid products for 1 week before your laser treatment.**

## How do I prepare for my laser treatment?

- Plan your calendar for recovery time.
- Depending on which laser is used, your brown spots may appear darker for several days.

## What happens during my laser treatment?

- Topical numbing cream can be applied to alleviate any mild discomfort.
- Your clinician will cleanse the treatment area.
- A cooling air stream may be blown over the treatment areas throughout the procedure to soothe and cool the skin.
- Your eyes will be protected with safety goggles.
- Your clinician positions the laser hand piece above your skin and safely delivers the laser pulses
- Usually minimal pain or discomfort is experienced during a laser treatment.
- Treatment usually lasts 15-30 minutes, depending on the size of the area being treated.

## What happens after my laser treatment?

- Soothing topical products such as Aloe Vera or SkinMedica Ceramide cream will be applied.
- Your clinician will give you advice as to which products will be best for you to continue to use in the weeks following your treatment.
- Continue to avoid direct sun exposure as your skin will be highly sensitive and prone to sunburn for the next few weeks following treatment!!