

## **Recommended Pre & Post Care for Excel V & Laser Genesis Treatments**

*For best results please follow these instructions*

### Before your treatment:

Do not wear makeup on the day of treatment  
Excess hair may need to be shaved. Men should be cleanly shaved.  
No sun-tanning or self-tanners 4 weeks prior to treatment  
Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.  
Some blood thinning medications or supplements may increase the risk of bruising. Ask us if you are concerned about bruising or discontinue 1 week prior  
Avoid treatments that may irritate the skin for 1 week prior to treatment (waxing, depilatories, etc.)  
Notify clinic with any significant health history or medications  
We want to avoid light sensitizing medications such as doxycycline starting 2 days prior  
History of herpes or cold sores may require an anti-viral prescription prior to treatment - please inform us

### After your treatment:

Avoid sun exposure until skin normalizes and use gentle cleanser with Skinmedica Essential Defense sensitive skin sunscreen to prevent further sun damage  
Ask us about Alastin Skin Nectar twice daily vs. other options  
Bruising, redness and swelling are common and resolve with time  
A "bug bite look" is common and usually resolves in 1-2 days  
Avoid heat – hot tubs, saunas, etc. for 1-2 days  
Avoid skin irritants (examples below) one week post-treatment, then resume.  
Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.  
Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)  
Multiple treatments are required - more for LaserGenesis - which is a milder treatment for vibrant skin

### Pigment areas:

Treated pigment will turn darker (brown to black) within 24-48 hours  
Do not pick at treated areas  
Treated pigment will exfoliate off the face in approximately 1 week  
Treated pigment will exfoliate off the body in approximately 2-3 weeks

### Leg vein treatments only:

Compression stockings (20-30 mm/hg) daily for 8 hours a day for one week are optional (footsmart.com)  
Avoid high impact activity 3-5 days  
Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent  
Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining  
Large leg veins may take many months to resolve and should not be re-treated before then

Additional instructions: \_\_\_\_\_

Next Appointment: \_\_\_\_\_

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