

## PRE-TREATMENT FOR SUBLATIVE

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1. Patients should avoid skin irritation or intentional skin tanning, Sunscreen IS required when outside during daylight hours.
2. Patients should discontinue any irritant topical for 2-3 days prior to treatment.
3. Patients should arrive for the treatment with clean skin. There should be no lotion, make- up, perfume, powder or bath/ shower oil present on the skin in the area to be treated.
4. Shave any hair in the treatment area.

## POST TREATMENT FOR SUBLATIVE

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1. Swelling of the skin, as well as heat or tingling sensations may occur up to a few hours after the treatment, but normally do not last longer.
2. Tiny scabs of less than 1mm diameter will usually form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched even if the itch, and should be allowed to shed off naturally.
3. Post treatment emollient cream may be applied to the treatment area.
4. During the first two days following treatment, care should be taken to prevent trauma to the treated site, avoid hot baths, massages, sauna, working out, etc. The skin should be kept clean to avoid contamination or infection.
5. Moisturizer should be applied throughout the course of the treatment, Make-up may be applied only 12 hours after each treatment if desired, unless an unwanted reaction occurs in the area. Generally 24 hours after treatment, patients may use regular soaps, **NOT** scrub soaps or exfoliants.
6. The patient should use high factor sunscreen (at least 30 SPF) and protect the treatment area from sunlight for at least one month after treatment. Tanning of any sort (sun exposure, tanning beds, even tanning lotions) is not allowed in the treated area during the entire course of the treatment. Tanning after treatment may cause hyperpigmentation.