



Q SWITCHED NDYAG LASER PRE & POST TREATMENT INSTRUCTIONS

PRE – TREATMENT INSTRUCTIONS

- Avoid excessive sun exposure for approximately one to two weeks prior to your treatment.
- Wear a broad-spectrum sunscreen of at least SPF 30 to protect your skin.
- Stop all topical creams 24 - 48 hrs. before procedure unless instructed by your physician.
- If you have a history of herpes, warts, sunburned skin. Please do let the physician know.
- Stop applying any “irritating” skin products at least one day prior to treatment.
- AVOID laser treatments, waxing, bleaching, the use of depilatories, or microdermabrasion for 1 week before the procedure.
- Female patients should not wear any makeup/mascara, lotions, powders or perfumes on or around the areas being treated. Male patients can shave on the morning of their treatment but should not apply lotions or aftershave on or around the areas being treated.

POST – TREATMENT INSTRUCTIONS

- DO wash twice a day with a gentle cleanser and liberally apply a bland moisturizer after cleansing.
- DO NOT vigorously rub the skin, do not use scrubs.
- Sun protection is critical. You should NOT have any sun exposure; wear broad spectrum sunscreen with a minimum of SPF 30.
- AVOID laser treatments, waxing, bleaching, the use of depilatories, or microdermabrasion for 1 week after the procedure.
- Resume the prescribed cream and treatment as advised by physician.
- Some patients might experience some edema (swelling) for up to a couple of hours. If the sunburned sensation continues after two hours, apply a cold pack.
- AVOID swimming, sauna use for at least 3 days after the procedure.
- If you were instructed to take an antiviral medication, DO complete the prescribed course.

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