

Pre-treatment Instructions:

- Apply SPF45** sun block to treatment areas that are exposed to the sun. You may improve your results by limiting exposure to the sun, tanning beds or tanning lotions for four weeks before treatment.
- Inform us** if you have taken Tetracycline or Zithromax in the past month or if you have taken **Accutane** in the past year or are planning to begin taking any of these.
- Apply** topical anesthetic prior to coming in for your appointment if directed to do so.
- Discontinue** all Retin-A, Renova, glycolic acids, vitamin C products and anything else which can be irritating, for three days before treatment.
- Remove** any makeup, lotions, and cleanse and dry area to be treated before treatment.
- Inform us** if you have had a chemical peel, dermabrasion, laser resurfacing or a face lift within the last month.

Post Treatment Requirements:

- Apply non-comedogenic** SPF45 sun block on all treated areas that may be exposed to the sun for a minimum of two months. Avoid prolonged sun exposure to treated area and do not tan for four weeks after treatment.
- Wash** treatment area with a gentle cleanser, use cool or tepid water and pat dry.
- Do not use** Retin-A, Renova, glycolic acids, vitamin C products, glycolics or other irritants until all irritation from the treatment is resolved.
- If prescribed**, continue use of anti-viral medication.
- Cool compresses** can be used, if needed, to decrease redness or swelling.
- Discontinue** any chemical peels for the duration of your treatment.
- Apply** Acne washes and/or topical ointments if directed to do so.

Post Treatment Expectations:

- Expect** a temporary outbreak of acne immediately after treatment.
- Expect** some redness and swelling that may last from a few hours to a couple of days.
- For maximum effect**, treatments are 2 times per week for 4 weeks.
- Please call us** at the first sign of persistent pain or blistering.
- Inform us** of any changes in your medical or tanning history at **each** visit and inform us if you become pregnant.