



SkynDeep Med Spa LLC

Pre and Post Care for Laser Treatment Therapy

Before your Treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment (includes spray tans, tanning lotions, tanning beds, sun exposure, etc.)
- Some medications or supplements may increase the risk of bruising. Consult with your physician and skin care provider beforehand
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment, such as waxing, depilatories, etc.
- Please notify us with any changes to your health history or medications since your last appointment
- Any history of herpes or cold sores may require an anti-viral prescription prior to treatment

After your Treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- 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, such as hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (e.g. products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) for a few days post-treatment
- Please notify us of any concerns (blistering, excessive redness/swelling, etc.)

- Leg vein treatments only:
 - Compression stockings (20-30 mmHg) are optional
 - Avoid high impact activity for 3-5 days
 - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on rare occasions, 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
- Consult with a SkynDeep Med Spa provider about when to resume skin care regimen

SkynDeep Med Spa LLC
1413 South Washington Street Suite 270
Papillion, Nebraska 68046
(402) 676-0127