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medical spas

Treatment Plans for Cosmetic Laser Procedures Pixel Resurfacing and Green Light IPL

Pre-treatment Plans for Cosmetic Laser Procedures

- Up to 8 weeks before treatment:
 - If you are a skin type 4 (asian skin) or darker we recommend you avoid intense sunlight
- 2 weeks before treatment plan:
 - Use of a broad-spectrum sunscreen and avoidance of intense sunlight is mandatory
 - Avoid Spray Tans, self tans or solariums
 - Do not use Retin-A for 2 weeks prior to treatment.
 - For people of skin type IV or V (asian to Indian) skin types we recommend you use hydroquinone cream once a day at night to fade the skin
- Day before treatment: pre-treatment plan:
 - We recommend you shave any hairs in the area to be treated. A good close, clean shave - first with an electric razor - then closer with a bladed razor will improve your results
 - For patients who suffer herpes simplex infections or shingles we ask that you see your usual medical practitioner about the possibility of prophylactic anti-virals.
- Day of Treatment: pre-treatment plans
 - The area to be treated should be clean and free of makeup

Post Treatment Plan

- Strict sun avoidance for 2 weeks after treatment
- For skin types 4 (asian skin) or darker we ask for at least 1 month of strict sun avoidance
- Use of a high quality, recommended 30+ sunscreen applied twice daily during all daylight hours
- Whilst the redness is present avoid:
 - Swimming or use of hot baths 24 hours post treatment. Showering is fine, and in fact, is highly recommended!
- In the unusual case of crusting or swelling of the skin apply moisturiser lotion. Do not pick at these areas, as this may result in infection.
- What will happen
 - For the first 2-5 days the skin can look worse. This is normal and to be expected
 - Any pigmentation spots or freckles first darken
 - Over the coming week they will normally come to the surface (crust) – this is to be expected and indicates you will get an excellent outcome
 - The pigmentation will crust and fall off – leaving behind skin more even in pigmentation and more radiant
- Over the next 2-4 treatments the skin will continue to improve and become more even
- Normally the redness resolved fully in 1-2 weeks depending on your own healing time
 - Vitamin E cream can help speed the healing time
 - Avoiding smoking, drinking plenty of water, eating a balanced diet and getting plenty of sleep will also greatly assist the healing time

* This plan is not a substitute for medical advice. If you have any concerns about a treatment please contact us as soon as possible.