

GOLDCOAST medspa, LTD.
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Pre/post treatment Instructions for Laser, IPL, or RF device.

Pre Treatment:

- Protect the area to be treated with SPF 30 or higher sunblock for at least 2 weeks prior to treatment. Notify your treatment provider of any recent sun exposure that has changed the color of your skin.
- Discontinue use of any chemical or mechanical exfoliants for 2-3 days prior to your treatment, and be certain to notify your treatment provider of their use.
- Arrive to the treatment with clean skin: no lotion, make-up, perfume, powders, or bath/shower oil on the areas to be treated.
- Topical anesthetic should be used only as directed by your clinician and only if necessary.
- Advise treating clinician if there are any dental crowns, caps, braces, or any other metal dental implants, as these areas may be more sensitive to treatment and the clinician may use dental rolls, gauze or a tongue depressor to isolate the area and make the treatment more comfortable.
- Advise clinician of any surgical implants or permanent makeup in the area to be treated.
- If you begin taking new medications or experience a change in your health status during the course of therapy, notify your treatment provider prior to your visit.
- Certain settings or modalities may result in temporary or permanent hair loss in the treated areas. Hair should be shaved or clipped down to the surface of the skin one day prior to your treatment. Male patients need to consent to treatment on the beard or neck area with the understanding that they may experience patchy hair loss in those areas if they wish to have them treated.

Post Treatment:

- Avoid sun exposure for 1-2 weeks and protect the area treated with SPF 30 or higher.
- Some redness and swelling in the treated areas is expected, use cold compresses to help reduce these symptoms. The clinician may recommend a hydrocortisone or antibiotic ointment, apply as directed.
- Wash the area gently and do not use harsh and/or abrasive products in the treated areas for 3 days.
- Do not take a hot bath, visit a sauna or hot tub, or expose the treated area to excess heat for three days after treatment.
- If a superficial crust or scabbing occurs, do not rub, scratch or remove the scab; cleanse the area gently and pat dry. Call the office.
- If blisters develop, do not pop them. Apply Bacitracin, Neosporin, or Silvadene to the area and call the office.
- In the event of an emergency, call 9-1-1 or visit the nearest emergency room.

I have received a copy of these instructions. They have been reviewed with me, and I have had the opportunity to ask questions. By signing below I express my understanding and compliance.

Signature

Date