

Pre/Post-Treatment Care

YAG PRE:

- Discuss any changes to your medical history, medications, allergies or tendencies for poor healing with your aesthetician.
- Avoid sun tanning, including tanning beds and sunless tanning creams, for at least 14 days prior to treatments. You will need to avoid sun exposure for two weeks after treatments.
- If you take any photosensitive medications and/or vitamins, check with your physician for permission to postpone prior to treatment. NEVER make any change to your prescribed medication regimen without discussing with your physician.
- Avoid Accutane (or products containing iso-tretinoin) for 6 months and prescription strength Retin-A/ Tretinoin for 1 week prior to treatment. Use of glycolic acid or other alpha-hydroxy acid products may require a pulse test and a 24 hour waiting period prior to treatment. These medications and products increase your photosensitivity, which can increase the likelihood of complications.
- For treatment of pigmented lesions, you should consult a specialist if family, personal history or concern of skin cancer exists.
- Hair removal: Shave the area the night before. Do not tweeze, wax or thread hair for 1 week prior to your treatment and for the duration of the hair reduction treatment.
- Do not wear tight clothing on the area to be treated.
- Arrive 15 minutes prior to your appointment on your first appointment and 10 minutes prior for subsequent appointments. This will allow time for necessary paperwork and preparation.

YAG POST:

- You may experience a mild sunburn sensation following treatment that is usually gone within a few hours. If needed, apply a cold compress intermittently until discomfort and retained heat are resolved.
- Skin redness and swelling are common and will subside within a few hours. Apply a cold compress intermittently until symptoms resolve. For facial treatments, it may be helpful to sleep with an extra pillow under your head the night of your treatment to reduce any facial swelling.
- Avoid heat (hot yoga, hot tubs, saunas, outdoor exercise, etc) for 72 hours following your treatment. Inducing heat after a treatment can result in complications.
- Do not wear restrictive/tight clothing after your treatment.
- Keep your skin hydrated during the course of your treatments and always apply SPF 30 or higher when outdoors.
- Pigmentation treatments may result in darkening of pigment and may flake off after a couple of days. Do not aggressively exfoliate these areas, allow flakes to fall off on their own. Removing them may result in scarring.
- If you did not purchase the recommended post care kit/products from AOB you can use a fragrance free gentle cleanser such as Cetaphil for 4-5 days along with a fragrance free, gentle moisturizer such as Aquaphor on the darker areas.
- DO NOT pick, or scrub any of your brown spots off. Let them heal and fall off on their own!
- It can take 7 to 10 days on average for your skin to heal.

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ADVERSE REACTION INSTRUCTIONS:

- In the event of an adverse reaction to your treatment, please immediately call the center.
 - Allergic Reaction: May occur after being exposed to product. Don't scratch the area and speak to your pharmacist for suggested OTC treatments until symptoms resolve. Should you develop difficulty breathing, contact a physician immediately or call 911.
 - Burn: Typically resembles a sunburn and could develop several hours after treatment. It is important to avoid heat inducing activities and restrictive clothing after your treatment. Should a blister develop, do not pop the blister. It serves a protective barrier for your skin to heal properly. Watch for signs of infection (worsening redness, swelling, drainage or worsening pain). Keep area clean and dry; do not apply anything to area. A cold compress may be used. As the skin heals, do not pick at the skin, as this will cause scarring.
 - Herpes/Cold Sore Outbreak: If you develop an outbreak following your treatment, you will need to inform your Aesthetician that you are prone to outbreaks prior to your next treatment. It may be helpful to obtain an anti-viral prescription from your physician prior to your next treatment.

Contact your AOB Med Spa Aesthetician immediately at the sign of any adverse reaction after treatment or call 911 if you are experiencing a severe reaction.

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