

## OptiLight PRE-CARE INSTRUCTIONS:

**\*\*\*MULTIPLE TREATMENTS IN OFFICE AND COMPLIANCE AT HOME ARE NECESSARY FOR OPTIMAL RESULTS (results are not guaranteed and vary per patient)\*\*\***

1. Avoid excessive scrubbing or exfoliating products 2 to 7 days prior to treatment (including - but not limited to - astringents, retinol, Retin-A, tretinoin, AHAs [alpha hydroxy acid], and BHAs [beta hydroxy acid]).
2. No tanning (sun exposure, tanning beds, sprays, and lotions) at least 3 to 4 weeks prior to treatment.
3. Do not take isotretinoin (Accutane) for 6 months before treatment.
4. If you have a history of cold sores, take your medication (Valtrex, Famvir, Zovirax, etc.) as prescribed. Please let the doctor know if you are on one of these types of medications.
5. If you have had any previous aesthetic treatments (including injections) please wait 4 to 6 weeks before getting any treatments with us.
6. Please inform us if there are any beauty marks you would like us to avoid during treatment.
7. Please shave any hair in the treatment area 24 hours prior to your appointment. A charge will be incurred if shaving needs done in the office right before your appointment.
  - If you are doing hair removal treatments, do not tweeze, thread or wax your facial hair for 4 to 6 weeks before your treatments. The root needs to be intact. You may shave.
8. Please ensure your hair is fully pulled back and secured out of your face/around your ears.
9. The day of your treatment, please ensure your face is clean with no makeup, lotions, serums, oils, and/or aftershave on.
10. We will have SPF 50 in the office to put on after your procedure but if you prefer a specific SPF please do not hesitate to bring it to your appointments. All we request is that it is SPF 30 or higher.

If you have any questions or concerns pertaining to your upcoming treatment(s) please contact us via phone or email and we'll happily help you. Thank you and we look forward to your procedures with us.

