

LASEMD ULTRA LASER TREATMENT PRE-TREATMENT PATIENT INSTRUCTIONS

- If you have a history of cold sores, we recommend oral anti-viral prophylaxis, as recommended by your doctor, on the night before and on the day of treatment.
- On the day of treatment, please thoroughly wash your face and do not apply any make-up, lotions, sunscreen or any other cosmetics to the skin of the treatment area prior to arriving at our facility.
- Please thoroughly clean the treatment area upon arrival.
- We will apply a topical anesthetic an hour prior to your treatment.
- We will completely remove the anesthetic and wipe clean with alcohol wipe and sanitize the treatment area with an antiseptic scrub such as Hibiclens before your treatment.

POST-TREATMENT PATIENT INSTRUCTIONS

- You may experience a burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Please make sure to enclose the ice pack in sterile and dry gauze to prevent water from penetrating the tissue in the treated area.
- Please keep the treatment area moisturized. After the first day, gently wash and pat the skin dry for two days. Do not scrub the treated area. Moisturize daily. Usually, any crust will separate naturally within 5-7 days after the treatment.
- Please do not use cosmetics which contain active ingredients such as Retinol or AHA after treatment without prior permission from your doctor.
- Avoid exercising for the first week post-treatment or until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- For at least 20 days after treatment, apply a non comedogenic, broad spectrum UVA/UVB sunblock with SPF of at least 30, daily. Use an umbrella, hat or any other available protection against sunlight while spending time outdoors.
- Please contact your doctor with any questions or concerns.

Alison Young, MD PhD
Young Dermatology, PLLC
805 Madison Street, Suite 703
Seattle, WA 98104
Phone: 206 456 4464