



We are so happy that you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

Please reach out with any questions or concerns you have regarding your treatment – Call or Text: (918)-779-7590 | soultulsa.com | 1312 E 36th Place, Tulsa, OK

PRE-TREATMENT INSTRUCTIONS:

- **Skincare:** Having a consistent daily skincare regimen is vital to an optimal outcome. We recommend starting a customized regimen at least 2 weeks prior to your laser treatment and continuing indefinitely. If you are not currently on skincare, please discuss this with your provider so we can customize routine for you.
- **If you have been on Accutane, had a chemical peel, or other laser procedure in the last 6 months:** Please speak with your provider prior to the treatment.
- **If you have a history of fever blisters:** Please notify your provider. Antiviral medication may be recommended to avoid an outbreak.
- **Avoid Sun Exposure:** Minimize sun exposure for at least 2-4 weeks before treatment. Sunburned skin is more sensitive and prone to complications. Use a broad-spectrum sunscreen with SPF 30 or higher daily.
- If you are pregnant or nursing, please discuss this with your provider before your treatment.
- **Discontinue Certain Products:** Stop using retinoids, glycolic acids, and other exfoliating or irritating skincare products at least 3-5 days before the treatment to reduce skin sensitivity.
- **Avoid Blood Thinners:** If possible, avoid taking blood-thinning medications (like aspirin or certain supplements) a week before treatment to reduce the risk of bruising and bleeding. Consult your healthcare provider before making any changes to your medication regimen.
- **Hydrate:** Ensure your skin is well-hydrated leading up to the treatment. Drink plenty of water and consider using a gentle moisturizer to keep your skin in good condition.
- **Shave Area (if applicable):** If you are having the treatment on areas where hair growth is present, such as the face or legs, consider shaving the area beforehand to avoid any potential interference with the laser



POST-TREATMENT INSTRUCTIONS:

- **Immediate Post Procedure:** 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. Make sure to enclose the ice pack in sterile and dry gauze to prevent water from penetrating the tissue in the treated area.
- **For the First 24 Hours:**
 - **You can immediately apply** Revision CMT Post Procedure Cream and SkinPen Biocellulose Masque.
 - **Do not apply** anything else to the face for the first 24 hours following treatment. Do not wear makeup for 24 hours.
- **Avoid Direct Sun Exposure:** For 1 week after treatment. Always apply a mineral UVA/UVB sunblock daily with SPF of at least 30 . Use an umbrella, hat or any other available protection against sunlight while spending time outdoors.
- **After the First 24 Hours:** You can gently cleanse and pat the skin dry. We recommend the Revision Gentle Cleansing Lotion or SkinMedica HA5 Foaming Cleanser. Use gentle, non-irritating skincare products. Avoid exfoliating scrubs, acids, and retinoids for 1 week.
- **Hydrate and Moisturize:** Keep your skin well-hydrated by drinking plenty of water and using a soothing, hydrating moisturizer as recommended by your provider. This helps with healing and minimizes dryness.
- **Avoid Heat and Sweating:** For the first few days, avoid hot showers, saunas, and vigorous exercise that can cause excessive sweating, as this can irritate the treated skin.
- **Do Not Pick or Scratch:** Avoid picking, scratching, or peeling any areas of the skin that may form scabs or crusts. Allow the skin to heal naturally to prevent scarring or discoloration.
- **Follow Up Care:** Attend any follow-up appointments as recommended by your provider to monitor progress and address any concerns.
- **Use Prescribed Products:** If your provider prescribes any post-treatment products, use them as directed to support healing and optimize results.
- **Monitor for Adverse Effects:** Be alert to any signs of unusual side effects such as excessive redness, swelling, or signs of infection. Contact your provider immediately if you experience any concerning symptoms.
- **Lesions/Pigment Spots:** Will likely crust or darken then slough off over the course of 2 weeks.