

# Skin Rejuvenation



European Institute of Esthetics  
MediSpa & Laser Centre

## Pre-Treatment Instructions for Skin Rejuvenation

- Discontinue sun tanning and the use of tanning beds for **4 weeks** and self-tanning creams at least **10 days** before treatment.
- Always use a SPF-30 or greater sunscreen on all exposed treatment areas and re-apply as necessary. Wear protective, light-occluding hats and clothing.
- Discontinue use of exfoliating creams such as Retin-A, Glycolics, masks and other skin exfoliating products **2 weeks** prior and **2 weeks** after each treatment.
- If you have a history of herpes outbreaks in the area of treatment, you should consult either your Primary Care Physician for a medical evaluation and possible prophylaxis prior to treatment. (Valtrex or Zovirax)
- Be aware there is the possibility of coincidental hair loss when using laser systems.
- Topical anesthetics are generally not needed for this procedure.
- Please do not wear make-up on the areas to be treated, or at least wash it off prior to being seen by the laser specialist.
- Some clients find it helpful to take two or three plain Tylenol **2 hours** before the treatment. Women who find that they are less sensitive after their menstruation prefer to schedule their treatment sessions accordingly. You will be less sensitive if you are well rested, well fed, and not thirsty during your treatment. You should pamper yourself on laser days!
- Makeup can be worn **24 hours** post treatment. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.



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## Post-Treatment Instructions for Skin Rejuvenation

- Immediately following your facial skin tightening treatment, you may experience redness or minor swelling of the skin, similar to mild sunburn. These are temporary effects and usually disappear within **24 hours**. Cold packs or soothing Aloe Vera gel may be used to ease any discomfort.
- Following and throughout the course of the treatments, the treated skin is sensitive to sunlight. Clients should use a broad-spectrum (UVA/UVB) sunscreen SPF 30 or greater daily, before, during, and after the course of the treatment.
- Avoid direct sun exposure (natural or artificial) for **2 weeks** after treatment. If the sun cannot be avoided, please use a sun block with a minimum of SPF 30.
- A mild sunburn-like sensation is expected. This usually lasts **2-24 hours** but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in **2-3 days**. In some rare cases, prolonged redness or blistering may occur. A non-steroidal anti-inflammatory, such as Ibuprofen, or Acetaminophen will help reduce discomfort. Take according to manufacturer's directions.
- Apply cold gel packs or cool wet clothes to treatment areas for 15 minutes every 2-4 hours until symptoms subside.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths will offer relief.
- Avoid aggressive scrubbing and use of Retin A, Glycolics, masks, exfoliants; avoid scrub brushes and loofa sponges until the treatment area has returned to its pre-treatment condition.
- Follow-up treatments are typically performed at **3-4 week** intervals.
- Blistering or scaling is very uncommon, but if it occurs, usually resolves over a few days or a week. If blistering occurs, apply topical antibiotic to the area two times a day until healed.



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- Avoid shaving, waxing, swimming, hot tub/jacuzzi, and do not apply any cosmetics to the treated area until redness goes away. Avoid excessive exercise until the redness resolves. You may use Aloe Vera lotion or your moisturizer to soothe any irritated skin. Acetaminophen, Ibuprofen may be used as needed for any minor discomfort.
- Makeup can be applied **24 hours** post treatment. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.

## Description:

Laser Skin Rejuvenation is one of those services where you can be fully comfortable in knowing that you will achieve amazing results!

The EIEMediSpa & Laser Centre offers a variety of Laser Facials. During your **Free Consultation** you have the opportunity to discuss with our expert Laser Technician the most beneficial treatment option available for you. Each service will achieve the reduction of Sagging Skin, Wrinkles, Fine Lines, Sun Damage, uneven skin tone, mild to moderate Acne Scarring and many other signs of Aging.



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