Recommended Pre & Post Care for Laser Genesis Treatments

For best results please follow these instructions

Before your treatment:
• Do not wear makeup on the day of treatment
• Excess hair may need to be shaved. Men should be cleanly shaved
• No sun-tanning or self-tanners 4 weeks prior to treatment
  o Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
• Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
• Notify clinic with any changes to your health history or medications since your last appointment
• History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:
• Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
• Bruising, redness and swelling may occur and resolve with time
• Avoid heat – hot tubs, saunas, etc. for 1-2 days
• Avoid skin irritants (examples below) a few days post-treatment
  o Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
• Multiple treatments are required
• Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
• Consult with clinic about when to resume skin care regime.
• Additional instructions: __________________________________________________
  ______________________________________________________________________

Clinic: Athena Wellness Center

Contact at Clinic: Dawn Williams-Larson or Laurie Stulce

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