

CARBON LASER FACIAL

Treatment Preparation

Pre-treatment preparation and post-treatment care are vital steps of your Carbon Laser treatments. In order to ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.

TREATMENT PREPARATION

DAILY

A sunscreen with SPF 30 or greater should be applied to protect against UV damage, prevent sunburn and prevent compromised skin barrier function.

4 WEEKS PRE-TREATMENT

- Avoid using fake tan and gradual tanning creams in the area to be treated.
- Avoid filler injections in the treatment area.
- Avoid IPL / laser photo rejuvenation and pigmentation treatments, and microneedling.

2 WEEKS PRE-TREATMENT

- Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments). The area must be covered and protected from the sun for safe and effective treatment.
- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III+ and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription-strength exfoliant creams on the treatment area.
- Avoid antiwrinkle injections (Botox / Dysport) in the treatment area.
- Avoid chemical peels, microdermabrasion, dermaplaning or any treatment that will compromise the skin barrier.

1 WEEK PRE-TREATMENT

- Avoid benzyl peroxide application on the treatment area.
- Avoid IPL / laser hair reduction in the treatment area.
- If prone to cold sores, please speak to your pharmacist about a prophylactic course of antiviral medication.

3 DAYS PRE-TREATMENT

- Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.
- Avoid waxing, shaving, or epilating within the treatment area.

WHAT TO EXPECT

DURING THE TREATMENT

Mild to moderate heat and discomfort is expected. Some people equate the sensation to a "rubber band flicking" on the area. These sensations should always be tolerable.

IMMEDIATELY AFTER & UP TO 5 DAYS POST TREATMENT

- A mild sunburn-like sensation.
- Mild skin redness.
- Mild swelling and small, raised, red bumps. This is a normal histamine reaction.
- Itchy or dry skin with a tight sensation.

1-3 WEEKS PRE-TREATMENT

- Mild skin flaking. Avoid picking at or pulling the skin.
- Transient breakouts may occur for some clients.

ABNORMAL REACTION

Please contact your treatment provider immediately if you experience any of these responses.

- Extreme redness
- Extreme swelling
- Extreme heat
- Extreme sensitivity
- Blisters
- Bruising
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Treatment Aftercare

Daily:

1. Use sunscreen with SPF 30 or greater should be applied.
2. Avoid sun exposure to treated areas.

For the first 24-72 hours post-treatment (or until redness subsides):

1. A gentle skincare routine will be recommended during this time.
2. Avoid exercise and activities that increase perspiration and body temperature.
3. Avoid the use of pools, spas, and saunas.
4. Avoid hot showers and baths.
5. Avoid makeup application.

Up to 5 days post-treatment:

1. Avoid the use of scented lotions or soaps.
2. Avoid using cosmeceutical Vitamin A, AHA's, BHA's and Vitamin C.

Up to 1 week post-treatment:

1. Avoid the use of prescription-strength exfoliant creams (prescriptive vitamin A).
2. Avoid antiwrinkle injections and filler injections in the treatment area.

Up to 2 weeks post-treatment:

1. Continue to avoid sun exposure.
2. Avoid picking or peeling the skin.

IMPORTANT

Contact your treatment provider if you notice any blisters, crusts or open areas. Allow these to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised.

1. Do not pick at these areas. Picking may result in infection or scarring.
2. Your treatment provider will advise you when to schedule your next appointment, as different body areas require different treatment intervals. It is essential to adhere to this regime for the best results.
3. Maintenance treatments will be required and will be ongoing.

Throughout your treatment course, it is essential to advise your treatment provider of any of the following, as these will influence treatment safety and efficacy:

- Sun exposure or fake tan application on the treatment area within the past four weeks.
- Any new health conditions, or if you have been unwell.
- Commencing any new medication (including short-term doses).
- Changes to current medications or supplements.
- If you are trying to become or become pregnant.