



## Affirm Laser, elos IPL, BTL Exilis & Sublative RF

### PRE-TREATMENT PRECAUTIONS AND INSTRUCTIONS

#### **Reschedule Your Appointment If You:**

- **Have an active cold sore or have had one within 7 days of your treatment.** The skin must be completely healed before your treatment.
- **Have had prolonged or direct sun exposure two weeks prior to your treatment.** Skin that appears tan or sun burnt will not be treated.
- **HAVE INTENTIONALLY TANNED THE TREATMENT AREA(S) OR USED SUNLESS TANNING CREAMS** (including spray-on chemical tans). You must **wait 2 to 4 weeks** before treating with the **elos® IPL, Sublative, or Affirm Laser.** **You may be asked by the technician to reschedule a treatment if your skin appears to be darker than its natural color.** Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications.
- **Are currently (or within 3 days prior to treatment) on any photosensitizing medication (i.e. minocycline) when having an elos IPL, Sublative or Affirm treatment.**

#### **Pre-Treatment Precautions:**

- If you have a history of cold sores, you must start taking Acyclovir or Valtrex **before an Affirm or Sublative treatment or before an Exilis treatment on the lip/mouth area.** A preventative dose will be prescribed to prevent a cold sore or herpes breakout.
- Wear a SPF 30 (or higher) sunblock daily and re-apply every 2-3 hours. Your technician can assist you with recommendations.
- **Discontinue any irritant topical agents** (Retin A, glycolic and salicylic products, benzoyl peroxide, hydroquinone, prescription topical acne or astringents) **2 to 3 days prior to your treatment if you are having an elos IPL or Sublative procedures.**
- A **Microderm** or **HydraFacial** may be performed prior to your first appointment. Ask your technician for information on scheduling these appointments in conjunction with your laser treatments.
- Patients who are pregnant, breast-feeding, have a pacemaker or internal defibrillator, impaired healing, metal implants or an active skin infection in the treatment area, or have been on Accutane within the last twelve months cannot be treated.
- Laser treatments may be scheduled 24 hours after a **Botox, Dysport or Xeomin** treatment. Dermal Fillers should be scheduled after your laser series is completed to avoid breakdown of the product. **Inform your technician if you have Dermal Fillers in place.**
- **Botox, Dysport or Xeomin** may be injected immediately following an **elos IPL** and 1 week after an **Affirm** treatment. Dermal Fillers may be injected 1 week after your final Affirm, elos IPL, or Exilis procedure.

#### **Day of Treatment:**

- If treating the face, neck or chest areas: remove all makeup (including eye makeup) prior to applying the topical anesthetic (BLT). **Topical anesthetic is not needed for the Exilis procedure.**
- There should be no lotions, make-up, perfume, powder, or bath/shower oil present on the skin in the treatment area(s).
- Topical anesthetic (BLT) should be used only as directed by a physician/clinician for the **Affirm, elos IPL or Sublative** procedures. Anesthetic is applied to the treatment area(s) in a thin layer one hour before the procedure and again 10 minutes before your procedure time if needed. Your anesthetic will be ordered from a compounding pharmacy.
- You may take Tylenol immediately following your appointment. Please take the medication on a full stomach.
- Advise the treating technician if you have any dental crowns, caps, braces or other metal dental implants. These areas may be more sensitive to the treatment.
- Please expect to be at **Harmony Skin & Wellness Clinic** for **1-1 ½ hours** depending on the treatment.