

**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, if possible
- Men should be cleanly shaved
- **No sun-tanning or self-tanners 4 weeks prior to treatment**
  - 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 the staff 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
  - Slight redness and skin sensitivity may occur and will resolve in 1-2 days
  - Avoid heat – hot tubs, saunas, etc. for 1-2 days
  - Avoid skin irritants (examples below) a few days post-treatment
    - Avoid Products containing tretinoin, (RetinA), retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
  - Multiple treatments are recommended, ideally spaced one month apart
  - Please call the office with any concerns (blistering, excessive redness/swelling, etc.)
  - Consult with Dr. Grodberg about when to resume your normal skin care regime.
- Additional instructions: \_\_\_\_\_
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