

## **Laser Facial**

### **Pre Care**

- Limit sun exposure and tanning for at least 2-4 weeks before your appointment. This helps reduce the risk of complications and ensures better results.
- Discontinue the use of retinoids, exfoliating acids (like glycolic or salicylic acid), and any harsh skincare products 5 days prior to your treatment.
- Keep your skin well-hydrated in the weeks leading up to your treatment. Drink plenty of water and use a good moisturizer.
- Avoid medications such as antibiotics and other photosensitizing medications for 72 hours prior to treatment.
- Discuss any medications or supplements you're taking, as well as any specific skin concerns, with your practitioner prior to treatment.
- Please come to your appointment with a clean face, free from makeup and skincare products.

### **Post Care**

- Gently cleanse your skin with a mild cleanser for the first few days to keep the area clean. Avoid scrubs and exfoliants.
- Protect your skin from sun exposure by wearing sunscreen with a high SPF (30 or higher) for several weeks after treatment. Consider wearing a wide-brimmed hat to shield your face.
- Apply a gentle, fragrance-free moisturizer to keep your skin hydrated. You may use iS Clinical Skincare products as recommended by your practitioner.
- Stay away from saunas, hot tubs, and intense workouts for 48 hours post-treatment to reduce the risk of irritation.
- Keep an eye out for signs of infection or excessive irritation, such as increased redness or swelling. Contact your practitioner if you notice any concerning symptoms.
- Attend all scheduled follow-up appointments to monitor your progress and determine if additional treatments are necessary.