



# "Pre-Care" for Aesthetic Procedures:

- ✓ Avoid tanning beds, direct sun exposure and sunless tanning products for 4 weeks prior to each treatment and the duration of treatments
- ✓ Use a mineral based sunscreen of SPF 30 or greater daily during the duration of the treatments.
- ✓ Do not use medications that cause photosensitivity such as doxycycline & minocycline for at least 72 hours prior to treatment.
- ✓ If you have a history of herpes (oral cold sores, genital) or shingles in the treatment area, start your antivirals as directed for 2 days prior to treatment and continue for 3 days after treatment.
- ✓ Discontinue use of glycolic and Retin A containing products 1 week before treatments.
- ✓ At the time of treatment, the area must be free of any open sores, lesions, or skin infections (active acne)

## **For hair removal procedures:**

- ✓ Do NOT pluck, wax, undergo stringing or electrolysis, use depilatory creams (Nair) or bleach 4 weeks prior to treatment
- ✓ Shave area to be treated 1 day prior to your visit. If hair in the treatment area is very sparse, do not shave – the provider or nurse will shave the area at the time of your treatment.
- ✓ We recommend that you purchase a quality moisturizing lotion such as Cerave or Aquafor for use post procedure.

*For more information about Aesthetic Laser Services at GMHC, please call 563-252-5536.*