



SRA Pre and Post Instructions

Pre –Treatment Instructions

- Be sure that all medical conditions have been revealed that may be significant to the Photo Rejuvenation procedure – such as pregnancy, cold sores/fever blisters, allergies, medications etc.
- No sunbathing, tanning or self-tanning on the skin for two weeks prior to your laser treatment.
 - Any patient arriving with a tan or sunburn may be rescheduled
- Do not use any skin products or cream supplements that contain Hydroquinone or Glyquin for 3 days prior to treatment.
- Avoid caffeine 24-48 hours prior to your treatment. This helps the skins sensitivity.
- Drink 8-10 glasses of water daily to keep your skin hydrated

Post-Treatment Instructions

- Avoid prolonged sun exposure or use of tanning bed for at least two weeks after your treatment.
- Use sunscreen, at least SPF 30.
- Do not use skin products or cream supplements that containing Hydroquinone or Glyquin for five days after your treatment.
- Do not shave the treated area until the skin is completely healed. For male patients, you may experience hair loss if you opt for a treatment where your beard exists.

Possible Side Effects

- You may experience a certain degree of discomfort, redness and/or irritation during and after treatment.
- Age spots and freckles may temporarily turn darker, and then slough off within 3-7 days. This is a desired effect.
- You may have mild swelling for 1-3 days after your treatment. Apply a cold compress to the irritated area for 1-2 days, 15 minute increments, 3-4 times a day.
- Redness for 2-3 days is common. If you choose, you may apply hydrocortisone cream 3-4 times per day to reduce. Make-up can be applied soon after treatment.