



## BEFORE & AFTER CARE INSTRUCTIONS HARMONY DYE-VL SKIN TREATMENT

### **PRE-PROCEDURE:**

- > Avoid sun exposure and tanning beds 4 weeks prior to treatment.
- > Discontinue 1 week prior to each treatment: oral antibiotics, Retin-A, Retinol, acne medications, and other topical prescriptions.
- > Avoid Botox and dermal fillers for 2 weeks prior to treatment.
- > If you have a history of cold sores, there is a risk that this treatment could contribute to a recurrence.
- > Prophylactic antiviral therapy can be started 2 days before treatment.
- > No Accutane for 1 year.

### **POST PROCEDURE:**

- > Avoid sun exposure to reduce the chance of skin color changes. Use a broad spectrum SPF 45 skin protection.
- > Bruising, redness, purpura, and swelling are common and will resolve with time.
- > Treated area of pigment will turn darker within 24-48 hours. Do NOT pick these areas.
- > Avoid any exfoliating treatments for 1-2 weeks after: scrubs, Clarisonics, topical meds, etc.
- > May resume Retin-A, Retinol, and acne medications 1 week after treatment.
- > Avoid heat – hot tubs, saunas, steam rooms, etc... for 1-2 days.
- > Cold compresses/ice packs may be used to provide comfort and decrease swelling at 10 minute intervals as needed.

### **RISKS:**

- > Bruising: this will resolve over a few days.
- > Skin discoloration: hypopigmentation, hyperpigmentation. This discoloration is not usually permanent and will clear up after time.
- > Crusting of skin: this should only last a few days. Do NOT pick, peel or scratch the area as this can lead to permanent scarring.

### **TREATMENTS:**

- > Average amount of treatments depends on the pigmented lesion and skin condition.
- > Expect at least 2-4 treatments with possible annual maintenance.

- > Allow your skin to heal completely before undergoing another laser treatment.

This time frame is different with each person.

Estimate at least 3-5 weeks in between each treatment (this will depend on your skin type, response, etc...)

If you have questions or concerns, please contact us:  
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*"You only have one body,  
your best investment is in yourself" -Lexi H*