

PRE-LASER INSTRUCTIONS

2 weeks prior

- DRINK 3 L OF WATER A DAY 72 HOURS BEFORE YOUR APPOINTMENT
- NO SELF TANNER
- NO ANTIBIOTICS CYCLINES, FLOXACINS, SULFAS
- NO SUN EXPOSURE
- NO ST. JOHN'S WORT
- NO PREGNANCY
- NO PACEMAKERS
- NO ACTIVE COLD SORES



POST- LASER / MICRONEEDLING INSTRUCTIONS

- USE POST CARE KIT AS INSTRUCTED

- NEW PILLOWCASE FOR 2 NIGHTS

- NO SUN EXPOSURE FOR 2 WEEKS

- NO HEAT, HOT TUBS, SAUNA, STEAM ROOMS
OR HOT YOGA 2 DAYS

- 2 DAYS NO LICKING KISSING TREATED
AREAS

