

## Pre-Treatment Care \_ 4 weeks prior to treatment

- **Sun and Tanning:** No tanning for 4 weeks prior to treatment, including sun tanning and artificial tan.
- **Prepping:** Consider pigment prepping for Skin Types III-VI and for pigmentation treatments
- **Actives:** No Vit A for 2-4 weeks depending on strength. No active ingredients for 2 days prior to treatment or 2 days post.
- **Medications:** Some medications may be sensitising, all medications (oral and topical) should reviewed prior to treatment.
- **Contraindications:** Some skin allergies and sensitivities like cold sores might be contraindicated, review prior to treatment.
- **Topical:** Consider topical anaesthetic for dense or spread pigmentation, Tattoo Removal and High Dose Hexa MLA

## Post-Treatment Care \_ Epidermal Pigmented Lesions (532nm)

3-5 or more treatments / 2-4 weeks apart.

- It is suggested to apply cold compress to cool down the treated area.
- The color of the treated pigment will turn out darker within 1-3days and take off within 5-7 days(face) or 10-14days(body). In the meantime, the patient should not intentionally take it off or rub the skin.
- Erythema or/and edema in the treated area are common post treatment and resolve with time. If those symptoms persist for more than 3days, anti-inflammatory medicine or dexamethasone should be prescribed.
- Antibiotic cream and hydroquinone are suggested post to treatment.
- The patient is suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is also suggested to avoid sun exposure, apply sunblock SPF30 or higher, and use non-irritant cosmetics.

## Post-Treatment Care \_ Dermal Pigmented Lesions (1064nm)

5 or more treatments / 4-12 weeks apart.

- It is suggested to apply cold compress to cool down the treated area.
- Erythema, edema, bruising or/and peteciae in the treated area are common post treatment and resolve with time. If those symptoms persists for more than 3days, anti-inflammatory medicine or dexamethasone should be prescribed.
- If a blister develops, wound care must be provided.
- The patient is also suggested to avoid sun exposure, apply sunblock SPF30 or higher, and use non-irritant cosmetics.

## Post-Treatment Care \_ Tattoos (1064nm, 532nm, 595nm, 660nm)

3-5 or more treatments / 8-12 weeks apart.

- It is suggested to apply cold compress to cool down the treated area.
- The color of the treated pigment will turn out darker within 1-3days and take off within 5-7 days(face) or 10-14days(body). In the meantime, the patient should not intentionally take it off or rub the skin.
- Erythema, edema, bruising or/and peteciae in the treated area are common post to treatment and resolve with time. If those symptoms persist for more than 3days, anti-inflammatory medicine or dexamethasone should be prescribed.
- Dressing the treated area is recommended with antibiotic cream and non-stick type of bandage (or sterile gauze) for the first 3days.
- If a blister develops, wound care must be provided.
- The patient is suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is also suggested to avoid sun exposure, apply sunblock SPF30 or higher, and use non-irritant cosmetics.

## Post-Treatment Care \_ PICO toning (1064nm)

5 or more treatments / 2-4 weeks apart.

- Cooling and calming care is not typically required immediately after treatment.
- Itchiness may appear post to treatment and resolve naturally within 1-2 days. If itchiness persists antihistamine should be prescribed.
- The patient is also suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is suggested to frequently apply moisturizer, regenerating cream or/and sunblock with SPF30 or higher.

## Post-Treatment Care \_ HEXA MLA (1064nm, 532nm)

3 or more treatments / 2-4 weeks apart.

- Cooling and calming care is recommended immediately after treatment.
- Itchiness may appear post to treatment and resolve naturally within 1-2 days. If itchiness persists more than 3 days, antihistamine should be prescribed.
- Erythema, edema, bruising or/and peteciae in the treated area are common post to treatment for up to 2days and resolve with time. If those symptoms persists for more than 3days, anti-inflammatory medicine or dexamethasone should be prescribed.
- MLA 532 - The color of the treated pigment will turn darker within 1-3days and take off within 5-7 days(face) or 10-14days(body). In the meantime, the patient should not intentionally take it off or rub the skin.
- The patient is suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is also suggested to avoid sun exposure, apply sunblock SPF30 or higher, and use non-irritant cosmetics.