

*Por Vu*

## LASER HAIR REMOVAL POST TREATMENT INSTRUCTION SHEET

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- Avoid bathing or washing with very hot water for two days.
- You may experience temporary mild redness and swelling, typical of a sunburn, that can last up to a couple of days. Minor crusting or minor peeling of the surface layers of the skin is not unusual. Over-the-counter 1% hydrocortisone cream or Aloe Vera gel may help with redness, inflammation &/or itching of your skin.
- Cleanse with a gentle cleansing product. Apply a moisturizer as needed.
- Avoid direct sun exposure for 4 weeks before & after your treatment. If you do go in the sun, protect the treated areas with a UVA/UVB sun block of SPF 30 or higher.
- Care should be taken to prevent trauma to the treated area for the first 4-5 days following treatment. After treatment, hair may continue to grow out as if it were not treated. Typically this will occur for about 2 weeks & then these hairs will begin to fall out. You may continue to shave at any time. **DO NOT** tweeze, wax or use depilatories (Nair or others) for the duration of your treatments.
- Normal activities, including exercise, can be resumed as soon as 24 hours or as soon as irritation subsides.
- Your next treatment should be scheduled within 4-8 weeks.
- Please notify our office should you notice any outbreak resembling a pimple or cold sore around the mouth or treated area.

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**Teresa Folger MD  
Amy Garrett ARNP  
11101 Hefner Pointe Ste 204  
OKC OK 73120**

**(405) 694-4333**

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## **IPL PHOTOFACIAL, PIGMENTED LESIONS POST TREATMENT INSTRUCTION SHEET**

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- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours, but can last up to 72 hours. Mild swelling &/or redness may accompany this, which usually resolves in 2-3 days. In rare cases, prolonged redness or blistering may occur.
- The lesion may initially look raised &/or darker with a reddened perimeter. Apply cold compresses to the treated area(s) for 10-15 minutes every hour for the next 4 hours, if needed, to reduce discomfort & heat sensation. Ice should never come into direct contact with skin.
- The lesion will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black.
- The treated areas will develop a “peppery” appearance that will begin to flake off after a few days. If any scabbing or crusting occurs, **DO NOT** pick, scratch or remove. This will prevent unwanted side effects. Microdermabrasion or chemical peels can be performed after 10 days.
- The lesion is usually healed in 7-10 days. It will continue to fade over the next 2-4 weeks.
- **AVOID THE SUN**—completely after treatment for 2 weeks to avoid hyperpigmentation. Use a broad spectrum SPF 30 zinc oxide or titanium dioxide with UVA/UVB sun block on exposed areas daily.
- Please notify our office should you notice any outbreak resembling a pimple or cold sore around the treated area.
- Call our office if any blisters, eye irritation, or open sores occur at any time after the procedure or if the healing process seems unusual to you.

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## IPL PHOTOFACIAL, VASCULAR AREAS POST TREATMENT INSTRUCTION SHEET

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- Cleanse with a gentle cleansing product. Apply a moisturizer as needed. Avoid bathing or washing with very hot water for two days.
- It is recommended that you care for your skin gently after the procedure. You may use an ice pack or cold compresses on the treated areas if you wish, but ice should never come into direct contact with the skin.
- You may experience temporary mild redness and swelling, typical of a sunburn, that can last up to a couple of days. Minor crusting or minor peeling of surface layers of the skin is not unusual. Over-the-counter 1% hydrocortisone cream or Aloe Vera gel may help with redness, inflammation &/or itching of your skin. For blistering or crusting, an antibiotic ointment may be used.
- You may use makeup as long as the skin is not broken.
- You may resume regular exercise 24 hours after treatment.
- **AVOID THE SUN**—completely after treatment for 2 weeks to avoid hyperpigmentation. Use a broad spectrum SPF 30 zinc oxide or titanium dioxide with UVA/UVB sun block on exposed areas daily.
- Please notify our office should you notice any outbreak resembling a pimple or cold sore around the treated area.
- Call our office if any blisters, eye irritation, or open sores occur at any time after the procedure or if the healing process seems unusual to you.

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## **PALOMAR 1540 LASER POST TREATMENT INSTRUCTION SHEET**

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- **Cleanse with a gentle cleansing product. Apply a moisturizer as needed. Avoid bathing or washing with very hot water for two days.**
- **It is recommended that you care for your skin gently after the procedure. You may use an ice pack or cold compresses on the treated areas if you wish, but ice should never come into direct contact with the skin.**
- **You may take acetaminophen (Tylenol) or ibuprofen (Motrin) as needed. If you have pain that cannot be relieved by these measures, it is NOT NORMAL & you should contact our office.**
- **You may use makeup immediately after treatment.**
- **You may resume normal activities , including exercise, immediately after treatment.**
- **AVOID THE SUN—completely after treatment for 2 weeks to avoid hyperpigmentation. Use a broad spectrum SPF 30 zinc oxide or titanium dioxide with UVA/UVB sun block on exposed areas daily.**
- **Please notify our office should you notice any outbreak resembling a pimple or cold sore around the treated area.**
- **Call our office if any blisters, eye irritation, or open sores occur at any time after the procedure or if the healing process seems unusual to you.**

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