

M22 Pre-Laser Instructions
Aesthetic and Reconstructive Plastic Surgery
Rajiv Sood, M.D., F.A.C.S.
(317) 880-6825

Please notify us if pregnant postpartum or nursing, abnormal photosensitivity, recently tanned skin, inflammatory skin conditions, active cold sores, open lacerations or abrasions on the area to be treated, use of Accutane, use of medications or over-the-counter medications causing photosensitivity, bleeding disorder or taking anticoagulant medication.

For one month prior to treatment, avoid sun exposure, as well as tanning beds and tanning creams. If you are tanned, you may not be treated. Use a sunscreen designed to protect against UVA and UVB rays with at least a SPF of 30 at all times and reapply as directed by the manufacturer. Sun exposure is defined as direct sun exposure without protection for ten or more minutes.

Discontinue the use of Retin-A or any retinol-type product at least 24 hours prior to your treatment.

Discontinue the use of all exfoliating products and glycolic and alpha-hydroxy acid products, at least 24 hours prior to your treatment.

On the day of your treatment, please come to the office with clean skin (clean shaven if male). Your treatment area should be free of any makeup, creams, perfumes and lotions.

Comfortable clothes should be worn. If your face or neck is being treated, wear button-down shirt.

Please call our office with any questions or concerns regarding this treatment.

M22 Post-Laser Instructions
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Do not use Retin-A, abrasive or exfoliating sponges, or alcohol containing solutions for 24 hours.

Protect your skin with a sunscreen of SPF 30+ every morning before going outdoors for the next 6 weeks to avoid sun induced brown discoloration of the skin. Sunscreen with titanium oxide and/or zinc oxide provides broader protection. Our Etc...The Spa carries a variety of quality sunscreens. Your treated skin is vulnerable to the sun, protecting skin is critical for best results.

To avoid dilations of blood vessels, which decrease the effectiveness of the treatment, avoid hot tubs, hot showers, swimming and exercise for the next 24 hours.

If you develop a fine crust over the treated area, wash gently twice a day and apply ointment

What to expect after your treatment:

Redness and mild swelling of the treated areas may be present for the next 24-48 hours

A mild to moderate sunburned feeling may persist in the treated areas for the next 24-48 hours.

A darkening or lightening of the skin may occur, especially in targeted pigmented areas. This discoloration typically lasts 3-7 days.

Schedule a follow up appointment, usually next day and again within one week.

Call the office immediately if problems of increased pain, fever, drainage of pus, signs of infection or bleeding occur.