

WESTCOUNTRY

PLASTIC SURGEONS

of Washington University



Patient Information for :

LASER HAIR and VEIN and IPL TREATMENTS

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OR DAY/TIME : _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at 314-996-8800. During off hours, please call Barnes hospital at 314-362-5000 and ask for the "Plastic Surgery Resident on call."

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures. This form is available from our website by navigating to: Patient Resources > Patient Forms.

BEFORE LASER HAIR/VEIN or IPL PROCEDURE

You should not have been treated with the drug Accutane (Isotretinoin) for at least 1 year prior to any laser or IPL treatment.

3 DAYS BEFORE:

- If a laser or IPL procedure is planned for the face, please stop the use of any Retin-A, tretinoin, Hydroquinone, lactic acid, glycolic acid or phytic acid products
- If you develop a cold, sore near the area we wish to treat, or any other illness prior to surgery, please notify us.

1 DAY BEFORE:

- Some patients may be given a prescription for an antibiotic to help prevent acne flare-ups following facial IPL therapy. Please notify us if you have a known allergy to this medication.

1 HOUR BEFORE LASER PROCEDURE:

- If a facial laser or IPL procedure is planned it may be easier not to wear contact lenses, wigs, hairpins, hairpieces or jewelry.

Be at our Office at: _____

- On occasion, you and your provider may decide to take oral medication for comfort measures. *Please note that if any of this type of medication is provided you will need to arrange for a ride home.*

- **Good nutrition can help optimize wound healing and speed your recovery from laser or IPL procedures.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

AFTER LASER HAIR/VEIN or IPL PROCEDURE

- Quick warm showers are recommended. If areas are treated other than the facial area, avoid hot baths for 24 hours.
- You may use cold packs, Aloe-Vera or any other cooling preparation to ease temporary discomfort. Avoid putting ice directly on the skin. Always use a barrier between the skin and the ice.
- Avoid prolonged sun exposure for 4 weeks before and after treatment. Use a sun block (at least SPF 30), not a sunscreen over the areas being treated. Discontinue use of self tanning lotions or sprays 2 weeks before and after treatment.
- Makeup can be applied as long as the skin is not broken.
- Baby the skin following treatment. Avoid using lotions, deodorant, perfumes, or shaving until the redness and edema (swelling) resolves.
- If the skin is broken or blisters appear, apply an antibiotic ointment and contact the office.
- Avoid picking, scratching and aggressive scrubbing of the exfoliating skin at all times – allow it to gently exfoliate with the washing process.
- Avoid the sun until the pink coloration has resolved. (It may take up to 3 months for the pink coloration to completely resolve).

RETURNING TO WORK

The same or next day so long as you are comfortable.

FOLLOW-UP

For most patients we will want you to return to our office so we can check on you at:

- a) 4 – 7 days
- b) 1 month

PRESCRIPTIONS

We may provide you with prescriptions for medicines. This could include a pain medicine or antibiotic.

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