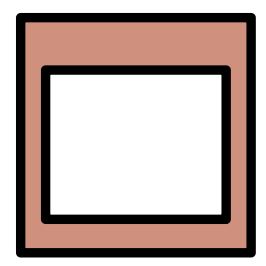


LASERS AND PHOTOTHERAPY PRE-CARE POLICIES

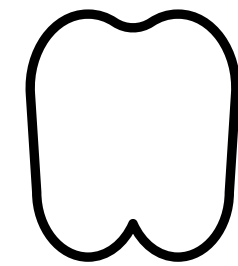


Please do not arrive on an empty stomach. Come with a clean face, free of makeup, and hair secured away from your face so your provider can treat you comfortably and precisely.



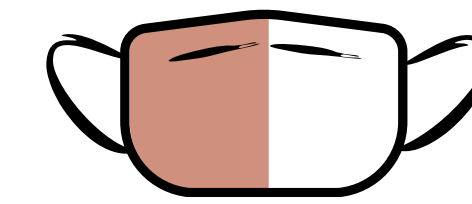
Special Events

Please avoid scheduling important events within four weeks of your appointment. Swelling and bruising can last up to 1–2 weeks, and it may take up to a full month for tissue to settle completely.



Dental Appointments

If you may be receiving lower face treatments, avoid dental appointments for 2 weeks before and after your visit.



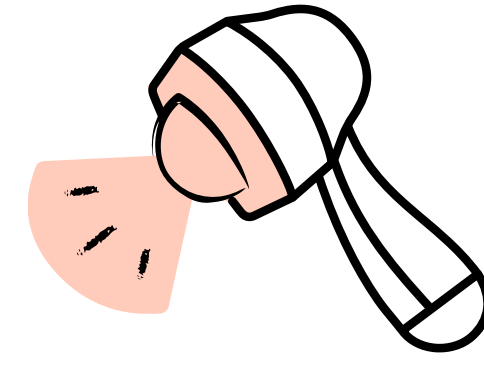
Healthcare Settings

If you work in a healthcare setting that requires an N95 or similar tight-fitting mask, please be aware that wearing these masks is not recommended for 2 weeks following filler treatment to the under-eye, cheek, nose, or jawline areas. If this will be unavoidable, we recommend rescheduling your appointment to ensure optimal healing and results.



Before Appointment

- Avoid extended sun exposure—including beach trips, outdoor sports, travel to sunny locations, and sunbathing—in the weeks leading up to your appointment.
- Do not use tanning beds, self-tanners, or spray tans.
- For any incidental sun exposure, apply a broad-spectrum sunscreen daily leading up to treatment.
- If you have been prescribed Accutane (isotretinoin) within the past 6 months, please notify us, as this may delay your eligibility for treatment.
- Inform us if you have any medical conditions or are taking medications that could:
 - increase sun sensitivity
 - affect wound healing
 - impact blood coagulation
- Use only gentle cleansers and keep your skin well-moisturized in the two weeks before your appointment. Avoid any products that may cause irritation or sensitivity, such as retinoids, acids, or exfoliants.
- If you have a history of cold sores (herpes simplex), please let us know in advance—we may recommend prophylactic treatment prior to your session to prevent an outbreak.



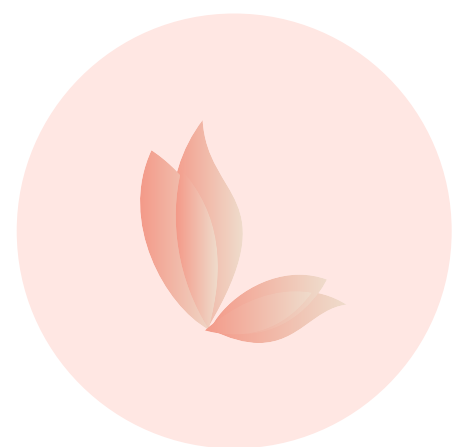
LASERS AND PHOTOTHERAPY PRE-CARE POLICIES

Continued



BroadBand Light (BBL)

BroadBand Light (BBL) cannot be performed on tanned skin. If you arrive with a tan, your appointment will need to be rescheduled for safety.



Avoid Sun Exposure

Sun exposure must also be avoided both before and after treatment. Please do not schedule laser appointments around trips or events where sun exposure is unavoidable.

Certain medications may increase sun sensitivity and raise the risk of adverse effects from laser or phototherapy. If you are currently taking any medications, please consult the prescribing provider to confirm it is safe to proceed.

For reference, you may [\[click here\]](#) for a list of commonly sun-sensitizing medications. This list is not exhaustive and should be used as a general guide only.



Please read all instructions carefully to ensure nothing is missed. Following pre-care not only reduces the risk of complications and supports faster healing —it also leads to better, longer-lasting results.)