

## CONTRAINDICATIONS (ULTRACLEAR LASER TREATMENTS)

*Review with Practitioner / May Need Physician Clearance Prior*

- Pacemaker or internal defibrillator
- Superficial or metal implants in the area
- Current or history of skin cancer, as well as any other type of cancer, or premalignant moles.
- Severe concurrent conditions, such as cardiac disorders
- Pregnancy and nursing
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medications.
- Diseases which may be stimulated by light at the wavelengths used, such as history of Systemic Lupus Erythematosus, Porphyria, and Epilepsy.
- Patients with a history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area, may be treated only following a prophylactic regime.
- Any active condition in the treatment area, such as sores, psoriasis eczema, and rash.
- History of skin disorders, keloids, abnormal wound healing, as well as very dry and fragile skin.
- History of bleeding coagulopathies or use of anticoagulants.
- Use of medication and herbs known to induce photosensitivity to light exposure at the wavelengths used, such as Isotretinoin (Accutane) within the last 6 months, tetracyclines, or St. John's Wort within the last two weeks.
- Any surgical procedure in the treatment area within the last 3 months or before complete healing.
- Tattoo or permanent makeup in the treatment area.
- Excessively tanned skin from sun, tanning beds or tanning creams within last the two weeks.
- CPAP Usage – Requires Primary Care Clearance

## PRE-TREATMENT PREPARATIONS (ULTRACLEAR LASER TREATMENT)

### 2 Weeks Before Treatment

- ✗ Avoid Sun Exposure: Do not tan or expose your skin to direct sunlight. Use SPF 30+ broad-spectrum sunscreen daily.
- ✗ No Waxing or Chemical Peels in the treatment area.
- ✗ Avoid Blood Thinners (if medically appropriate): Discuss with your provider if you're on aspirin, ibuprofen, fish oil, or anticoagulants.
- ✗ Avoid waxing the exposed skin for 1 week prior to treatment and 2 weeks after treatment
- ✗ Avoid taking anticoagulants 7-10 days before treatment if medical condition allows.

## 1 Week Before Treatment

- ✓ Hydrate Well: Drink plenty of water and moisturize your skin regularly.
- ✗ Avoid Harsh Skin Products: Stop any products that cause dryness or irritation.
- ✗ Avoid Turmeric, Fish Oil and Garlic supplements.
- ✗ Discontinue Retinoids: Stop using products with retinol, tretinoin (Retin-A), glycolic acid, salicylic acid, or any strong exfoliants for 7 days prior to treatment

## 24–48 Hours Before Treatment

- ✓ Shave Area (if needed): If the treatment area has hair, shave it gently the night before (do not wax).
- ✓ Keep Skin Clean: Wash your face with a gentle cleanser. Do not apply lotion, makeup, perfume, or deodorant on the treatment area.
- ✗ Avoid Alcohol or Smoking: These can slow down healing and reduce results.

## Day of Treatment

- ✓ Come with Clean Skin: No makeup, moisturizer, sunscreen, or skincare products.
- ✓ Wear Comfortable Clothing: Loose-fitting clothing if your body is being treated.

*Numbing Cream: Depending on the depth of treatment, a topical anesthetic may be applied for 30–45 minutes before the procedure.*