Recommended Pre & Post Care for ExcelV+ laser treatments

For best results please follow these instructions

Before your treatment:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved in the treatment areas
- No sun-tanning or self-tanners 4 weeks prior to treatment
    - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Avoid skin irritants (examples below) 7 days pre-treatment
    - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness and swelling are common and resolve with time
- Treated pigment will turn darker (brown to black) within 24-48 hours
    - Do not pick at treated areas
    - Treated pigment will exfoliate off the face in approximately 1 week
    - Treated pigment will exfoliate off the body in approximately 2-3 weeks
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) 7 days post-treatment
    - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Avoid vigorous exercise for 2-3 days post-treatment
- Make-up can be worn the day after your treatment
- Multiple treatments are usually required and are spaced at least 4 weeks apart
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)

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