

# Carbon Laser Treatment Preparation

*Pre-treatment preparation and post-treatment care are vital steps of your Carbon Laser treatments. In order to ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.*

## Treatment Preparation

### DAILY

- A sunscreen with SPF 30 or greater should be applied to protect against UV damage, prevent sun burn and prevent compromised skin barrier function

### 4 WEEKS PRE-TREATMENT

- Avoid the use of fake tan and gradual tanning creams in the area to be treated.
- Avoid filler injections in the treatment area.
- Avoid IPL / laser photo rejuvenation and pigmentation treatments, and micro needling

### 2 WEEKS PRE-TREATMENT

- Avoid tanning and incidental sun exposure including tanning bed/booths (including between treatments). The area needs to be covered and protected from the sun for a safe and effective treatment.
- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III+ and any skin prone to post inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription strength exfoliant creams on the treatment area.
- Avoid antiwrinkle injections (Botox / Dysport) in the treatment area.
- Avoid chemical peels, microdermabrasion, dermaplaning or any treatment that will compromise the skin barrier.

### 1 WEEK PRE-TREATMENT

- Avoid benzyl peroxide application on the treatment area.
- Avoid IPL / laser hair reduction in the treatment area.
- If prone to cold sores, please speak to your pharmacist about a prophylactic course of antiviral medication.

### 3 DAYS PRE-TREATMENT

- Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.
- Avoid waxing, shaving, epilating within the treatment area.

## During the Treatment

- Mild to moderate heat and discomfort is expected. Some people equate the sensation to a "rubber band flicking" on the area. These sensations should always be tolerable.

## Immediately After & Up to 5 Days Post Treatment

- A mild sunburn-like sensation.
- Mild skin redness.
- Mild swelling and small, raised, red bumps. This is a normal histamine reaction.
- Itchy or dry skin with a tight sensation.

### 1 – 3 Weeks Post Treatment

- Mild skin flaking. Avoid picking at or pulling the skin.
- Transient breakouts may occur for some clients.

### Abnormal Responses

- Extreme redness
- Extreme swelling
- Extreme heat
- Extreme sensitivity
- Blisters

If you experience any of these responses, please contact us immediately.

RISS' beauty + hair

If you have any questions or concerns, please don't hesitate to reach out to us!

Larissa and the team at Riss' Beauty Bar + Hair x