



DOT Fractional Laser Rejuvenation

Before your laser treatment:

1. You may be given prescriptions to take prior to treatment.
2. Sun exposure should be limited 1 month prior to treatment.
3. Avoid any treatments to your face such as products containing Hydroquinone, Bleaching creams, Retin-A, Retinol, Benzoyl Peroxide, Glycolic / Salicylic Acids Astringents or Chemical Peels for at least **2 weeks prior**.
4. Do not use self-tanning agents for at least 4 weeks before any treatment.
5. Do not pluck or wax for at least 1 month prior to treatment.
6. Discontinue aspirin & medications containing aspirin at least 10 days prior. If you have a heart condition, **DO NOT DISCONTINUE UNLESS SPECIFICALLY INSTRUCTED TO DO SO BY YOUR PROVIDER & THEN ONLY WITH THE CONSENT OF YOUR CARDIOLOGIST**. Before your treatment, notify us if you are taking any new medications.
7. Discontinue Vitamin E, herbal medications & alcoholic beverages 10 days prior.
8. Depending on the extent of your procedure, you may need to arrange for transportation from our office to your home.
9. Please do not wear make-up, perfume or lotions in treatment area prior to procedure.

After your laser treatment:

1. Use sunscreen daily for the entire treatment period.
 2. Until initial skin irritation subsides, avoid hot water & anything irritating to the skin.
 3. Avoid sun exposure for 1 month after treatment.
 4. Do not exercise, receive any body treatments, and avoid hot showers, saunas & hot tubs for 2 weeks after treatment.
 5. If you should have any questions or concerns, please contact our office.
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