

Before/After Instructions for Excel V and Genesis Laser Treatments

For best results please follow these instructions:

Before your treatment:

- Do not wear makeup on the day of treatment
- 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 of bruising. These include: Fish oil supplements, Vitamin E Supplements, Aspirin, Ibuprofen, Naproxen
- 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
- Please cleanly shave any excess hair in areas getting treated, including beard area

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage for at least 1 month after the treatment.
- Bruising, redness and swelling are common and resolve with time
- A “a bug bite look” is common and resolves in 1-2 days (with Excel V+ treatment)
- Treated pigmentation (freckles, sun spots) may take on a “coffee ground” appearance turning 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
- If face was treated, avoid facial flushing for 2 days post treatment (hot tubs, saunas, spicy food, vigorous exercise, alcohol)
- Avoid skin irritants (examples below) a few days post treatment. You may resume your baseline skin care regimen once you have healed from the treatment, generally 3-5 days.
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Leg vein treatments only:
 - Compression stockings (20-30 mm/hg) are optional
 - Avoid high impact activity 3-5 days
 - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent.
 - Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining
 - Large leg veins may take many months to resolve and should not be re-treated before then
- Multiple treatments may be required (Separate Excel V treatments by at least 1 month and Genesis treatments by at least 2 weeks)

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