



BEFORE YOUR TREATMENT

Please review these instructions before your appointment. Following your individualized treatment plan helps reduce the risk of adverse reactions and supports optimal results.

6 MONTHS PRIOR | ISOTRETINOIN (ACUTANE)

- Inform your specialist if you are taking or have recently taken isotretinoin. A waiting period may be required depending on your procedure, medical history, and provider recommendations.
- Failure to disclose medication use may increase the risk of skin irritation, blistering, pigment changes, delayed healing, or scarring.

2-4 WEEKS PRIOR | SUN EXPOSURE & TANNING

- Avoid tanning beds, sunless tanning products, and excessive sun exposure. Notify your specialist of recent tanning or sunburn; treatment may need to be postponed.

2 WEEKS PRIOR | HAIR REMOVAL

- For laser hair removal, avoid waxing, tweezing, threading, bleaching, or other methods that remove hair from the root. Shaving is permitted.

10 DAYS PRIOR | MEDICATION REVIEW

- Disclose all antibiotics, prescription-strength topicals, photosensitizing medications, supplements, and aspirin use. Do not stop prescribed medication without consulting your prescribing clinician.

3 DAYS PRIOR | ACTIVE SKINCARE

- Unless otherwise directed, avoid Retin-A/tretinoin, retinol, glycolic acid, salicylic acid, and irritating exfoliants on the treatment area.

DAY BEFORE | SHAVING

- For laser hair removal, shave the treatment area approximately 24 hours before your appointment. Do not shave irritated or broken skin.

DAY OF TREATMENT | ARRIVAL

- Arrive with clean, dry skin, free of makeup, lotion, oils, fragrance, and other products on the treatment area. Deodorant can be removed before treatment.
- Wear loose clothing for bikini areas or areas prone to friction. Report any recent skin changes, illness, medications, or sun exposure.

Throughout your treatment series: Avoid tanning and unprotected sun exposure. Use broad-spectrum SPF 30 or higher on exposed skin.



AFTER YOUR TREATMENT

Mild temporary redness, warmth, or swelling may occur. Follow the specific instructions provided by your laser specialist for your treatment and skin type.

IMMEDIATELY AFTER | SOOTHE & PROTECT

- Use a clean, cool compress as needed. Plain, fragrance-free aloe vera may be used on intact skin if recommended by your specialist.
- Avoid rubbing, scratching, or applying unnecessary products to the treated area.

FIRST 24-48 HOURS | GENTLE CARE

- Avoid excessive heat, strenuous exercise, heavy sweating, saunas, steam rooms, hot tubs, and pools for at least 24 hours or until irritation resolves.
- Wear loose, breathable clothing and avoid friction or chafing.
- Cleanse gently with cool to lukewarm water and a mild, fragrance-free cleanser. Use clean fingertips and pat dry.
- Avoid exfoliating brushes, scrubs, harsh skincare products, and hot showers. Apply makeup only after redness and irritation have resolved and the skin is intact.

FOLLOWING TREATMENT | HEALING & SUN PROTECTION

- Do not pick, scratch, or exfoliate healing skin. Treated pigmented spots may darken and gradually flake away over approximately 1-2 weeks. Picking can cause discoloration or scarring.
- Avoid tanning and direct sun exposure throughout the treatment series. Use broad-spectrum SPF 30 or higher daily on exposed areas, reapplying as directed.

WHEN TO CONTACT CELTIC LASERS

- Contact the office for persistent or increasing pain, hives, significant itching, worsening redness or swelling, blistering, crusting, or any unexpected skin reaction.
- Seek prompt medical care for severe burns or signs of infection. Call 911 for difficulty breathing or other life-threatening symptoms.

CELTIC LASERS | BATON ROUGE, LOUISIANA

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These are general guidelines. Individual instructions may vary based on the laser procedure, skin type, medical history, and clinical assessment.