

EXCEL 532 AND 1064 LASER: PRE-TREATMENT INSTRUCTIONS

- Discontinue any retinoid (Retin-A) or retinol products, alpha hydroxy acids, hydroquinone (bleaching cream), or exfoliating toners for 1 week prior to treatment. These can be resumed 1 week after treatment.
- Accutane medication must be discontinued for 2 months prior to treatment.
- Avoid abrasive scrubs a few days prior to and for 1 week after treatment.
- Avoid Advil, Ibuprofen, and Aspirin products for 1 week prior to and 1 week after treatment.
- Please advise us if you have a history of cold sores (Herpes Simplex) on the face so we can prescribe an antiviral medication, as laser treatments can trigger an outbreak.
- Avoid direct sun exposure, tanning beds, self -tanners, and spray tans for at least 2 week before your treatment, and for 1 week after your treatment.
- Please do not wear earrings or jewelry to your appointment.
- Please arrive to your appointment with a clean and makeup free face.
- Multiple treatments may be necessary to achieve desired results.

EXCEL 532 AND 1064 LASER: POST-TREATMENT INSTRUCTIONS

Precautions to take following your laser treatment:

1. Do not rub, scratch, or pick at the treated area if bruising/red discoloration (purpura) is present.
2. Please call the office immediately if the area becomes tender, reddened, blister, or shows signs of infection.
3. Avoid swimming, contact sports, and hot tubs while redness or irritation subsides.
4. Avoid rubbing or pressure (caused by clothing) on the treated areas. Wear loose-fitting clothing if your treated area is on a non-exposed area of the body.
5. Avoid exposure to the sun. If the sun exposure is expected, apply a broad-spectrum sunscreen of SPF 30 or higher to prevent pigmentation changes until the lesion is healed. Wear a wide brim hat to protect your face.
6. **You will have redness, swelling, and a sunburned feeling to the treated area.** Cool compresses are recommended. Avoid sleeping flat – use an extra pillow to raise your head slightly to reduce additional swelling.

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7. Do not use tretinoin (Retin-A), alpha hydroxy acid-based products, or any coarse scrubs. Wait at least 2 weeks until after treatment to resume use of these products.

Care of the treated area:

1. Apply moisturizer to treated area on a daily basis. It is important to keep the area moist until healed.
2. Showers are permitted (not hot), but gently pat the area dry. Do not rub with a towel or washcloth as the area is extremely delicate while the bruising/red discoloration (purpura) is present. If the legs are treated, avoid taking a bath during the first 48 hours as the intense heat may cause additional discomfort. Comfortably warm showers are recommended.
3. Any discomfort you may have (usually not lasting more than a few hours, if any) can be relieved with acetaminophen (Tylenol).
4. After the red discoloration disappears, hyperpigmentation (brown coloring) or hypopigmentation (white) may be present for up to 3-5 months. This is rare, but if it occurs, use an SPF 30 sunblock on the area until the normal color returns.
5. If scabbing or crusting occur, avoid contact sports to prevent injury to treated site.
6. Multiple treatments may be necessary to achieve desired results.

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