Dermatology & Plastic Surgery SPECIALISTS

DEKA LASER

BEFORE YOUR TREATMENT

- Avoid sun exposure, tanning beds and self-tanner for at least **2 weeks** prior to treatment.
- Discontinue retinol, tretinoin, adapalene and other exfoliating or irritating skincare products **5–7 days** prior, or as directed by your provider.
- Avoid blood thinners (aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, garlic, turmeric and other supplements) for **5–7 days prior**, if medically appropriate.
- Do not take alcohol for **24 hours** before treatment.
- Arrive with clean skin. Do not wear makeup, skincare products, or lotion on the day of treatment.
- Inform your provider of any medications, supplements, allergies, or medical conditions.
- Alert your provider if you have any neuromuscular or autoimmune disorders or known allergies.
- **No dental work 2–4 weeks** before treatment.

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AFTER YOUR TREATMENT

- Expect redness, warmth and a sunburn-like sensation for **1–3 days**.
- Skin may feel tight, dry and rough with light peeling for **3–7 days**.
- Keep skin clean and moisturized with a gentle, hydrating product as directed.
- Do not pick or peel flaking skin. Let it shed naturally.
- Avoid makeup for **24 hours** (or until skin feels comfortable).
- Avoid retinol, exfoliants, acids or other active skincare products for **7–10 days**, or as directed by your provider.
- Avoid direct sun exposure, tanning beds and excessive heat for at least **2 weeks**. Use a mineral sunscreen (SPF 30 or higher) daily.
- Avoid strenuous exercise, saunas, hot yoga, hot tubs and excessive heat for **24–48 hours**.
- Contact us if you experience increased redness, swelling, blistering, or any concerns.