

**Dermatology Associates of Rochester, PC**

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**Laser Checklist**

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**CANNOT Be Treated on Day of Treatment, if experiencing the following:**

- Active acne or blemishes (exception - Forever Clear BBL)
- Active cold sores/History - including healing and/or scabbed (verify pharmacy for Valtrex Rx)
- Any recent face trauma - scratches, cuts, bruising, facial burns
- Active tan - including spray tan, prolonged sun exposure, tanning beds
- No toxin/filler within 2 weeks pre or post laser treatment

**MUST STOP 2 Weeks Prior to Treatment:**

- Use of Retinol, Retin-A, Vitamin A, Tretinoin, Clindamycin
- Tanning beds, spray tanning, direct sun exposure
- No chemical peel treatments or waxing two weeks before laser treatment

**MUST NOTIFY Provider 2 Weeks Prior to Treatment:**

- Upcoming travel within 5 days after treatment
- Currently taking antibiotics (Bactrim and Doxycycline - must be off 3 days prior to procedure)

**Before Treatment MUST:**

- Make sure to have a gentle cleanser (Cetaphil or CeraVe cleansers, available at the DermaSpa or Wegmans)
- If a post laser kit is not included in your laser purchase, be sure to purchase a new tube of Aquaphor or Vaseline
- Purchase new makeup (concealer, foundation, powder- available in the Derma Spa)
- Have Tylenol or Ibuprofen on hand
- If prescribed Valtrex, make sure to have it filled and start taking the morning of treatment (Dosage: 500mg tablets, take 1 tablet by mouth 2x a day for 5 days)

**After Treatment MUST:**

- While outdoors, apply sunscreen (minimum SPF 30+ UVA/UVB Physical Zinc Oxide/Titanium Dioxide)
- Refrain from having pets sleep in patient's bed for at least 5 days
- Refrain from swimming pools, hot tubs, spas, lakes, saunas, steam rooms, other bodies of water
- Avoid use of Retin-A, Clarisonic Brushes, Luffas, washcloths and other aggressive or harsh facial cleansers
- Avoid shaving on or around treatment area for 7 days
- Avoid waxing on or around treatment area for 2 weeks
- Avoid chemical peel treatment on or around treatment area for 2 weeks
- No exercise 5-7 days post treatment (longer if specified by provider)
- Avoid dyeing hair 5 days post laser resurfacing treatment (excludes BBL)