

# SANCTUARY

## DERMATOLOGY



Proper pre-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

### Excel V PreTreatment Instructions

#### Before Your Appointment

- Avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment.
- Avoid applying self-tanner for 2 weeks prior to treatment.
- Avoid aspirin, ibuprofen, naproxen (NSAIDs) and other blood thinners such as fish oil for one week prior to your treatment, unless these are prescribed for a medical condition. Inform the doctor if you are taking blood thinners or regularly take aspirin or other blood thinners.
- Avoid alcohol for 2 days prior to treatment.
- Inform the doctor if you have taken Accutane (oral acne medication) in the past year.
- Store ice packs in your freezer for use after your procedure.

#### The Day of Your Appointment

- If possible, arrive without skin products or make-up on the treatment area.
- Allow 30-45 minutes for your appointment depending on the size of the treatment area.
- Pre-Treatment photos will be taken.
- During treatment, you will be provided eye shields to protect your eyes.
- Expect warm sensations and even some mild discomfort of the areas while they are being treated by the laser.

#### Treatment Recommendations

For best results, Excel V body treatments are recommended for 6 weeks, and twice a year for maintenance.



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### Excel V Post Treatment Instructions

After treatment, please be aware and observe the following:

- Expect your skin to appear red (resembling sunburn) for 2-3 days after treatment. Make-up may be applied to cover redness as needed.
- Your face may be swollen, particularly around the eyes.
- Use cool compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
- Sleeping with your head elevated for the first 2 nights will help decrease swelling.
- Your skin may be temperature sensitive for several days after treatment.
- Bruising is possible in areas that are treated with vascular lasers such as Excel V.
- It will take 6-8 weeks to see the full result and several treatments may be required to achieve an optimum result.
- Crusting is rare; however, if it does occur, please call us if you experience this uncommon reaction.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

### *Treatment Recommendations*

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