

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.

Clear and Brilliant PreTreatment Instructions

- You may be advised to discontinue the use of retinoids, acne medication, exfoliating scrubs, and skin bleaching agents.
- Two weeks prior to your treatment, stop tanning or any sun exposure.
- Two weeks prior to your treatment avoid hair waxing, chemical peels, and laser hair removal.
- If you have a history of cold sores, please let your physician know prior to your treatment.
- Avoid wearing makeup to your appointment.
- Arrive to your appointment 30 minutes prior to your scheduled appointment time to apply a topical anesthetic to keep you comfortable during your treatment.

Treatment Recommendations

For best results, 3 to 6 treatments is recommended, depending on the patient.

Feel free to bring your earbuds or headphones. Our iPads will be available for your entertainment while you wait for your procedure.

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Proper post-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.

Clear and Brilliant PostTreatment Instructions

- Expect mild redness lasting hours to a few days.
- Avoid scrubs, toners, glycolic acid, and retinoids until the skin has healed completely from your treatment. Your skin may be sensitive after the treatment.
- Wash with a gentle cleanser such as Alastin Gentle Cleanser or Alastin Ultra Calm Cream Cleanser.
- Apply a moisturizer at least twice a day or as often as needed.
- Do not vigorously rub or scrub the skin and DO NOT pick or use exfoliants as this can cause scarring.
- You should NOT get sun exposure during the healing time, which can last up to two weeks. Be sure to wear a broad spectrum sunscreen with a minimum of SPF 30. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Sun exposure on recently treated skin can cause permanent pigmentation problems of the skin.
- Avoid other laser treatments, peels, waxing, the use of depilatories, and microdermabrasion for 3 weeks.

Treatment Recommendations

For best results, 3 to 6 treatments is recommended, depending on the patient.