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**PRE AND POST INSTRUCTIONS FOR Q-SWITCH TREATMENT**

Thank you for scheduling your Q-Switch treatment with Laser Skin Care Center. For your safety and in order to obtain optimum results, the instructions below must be followed.

• Do not use any of the following products on the treated area 3 days before or 3 days after treatment: harsh exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).

• Avoid direct prolonged sun exposure 2 weeks before and 2 weeks after treatment on the treated area.

• Apply your Elta MD sunscreen or a sunscreen of at least 30 SPF or higher every 2 hours to prevent post procedure side effects if exposed to sun.

• Apply your Post Treatment Recovery Complex 2-4 times a day for at least 4 days after each treatment to soothe the skin and to speed up the recovery process. For tattoo removal you may use aquaphor.

• After treatment; the area may feel like a mild sunburn, a cool compress can be applied. Light scabbing or peeling is common, especially with tattoo removal.

• Cleanse the area with tepid warm water. Avoid extremities of heat such as: hot showers, hot tubs and saunas for 72 hours after treatment.

• Blisters may appear; especially after tattoo removal treatment. Please contact the office if you feel like the blister is extensive and we will further instruct you. (562)997-1144

• If you must cancel your appointment please give us at least 24 hour notice to avoid any late cancelation fees. This is due to a high demand for treatment time.

• You will need multiple treatments for tattoo removal to see the desired result, every patient varies. For pigmented lesions 1 to 2 treatments is sufficient but results will vary patient to patient.

• Please inform the medical staff of all medications you are taking, some medications can make you photo-sensitive.

• Please notify your provider of any history of Gold Therapy, we do not recommend laser treatments.

• Please notify your provider of any metal plates, screws or rod’s in the treatment area.

• Please notify your provider if you have a history of cold sores in the treatment area.

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Patient Signature Date

Please feel free to contact us with any additional questions or concerns; we can be reached at 562-997-1144