



## **Informations You Should Know BEFORE& AFTER Laser Treatments**

### **Precautions to take BEFORE your light-based treatment:**

1. No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of Post-treatment complications.
2. Wear broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
3. Remove all makeup, creams or oils prior to treatment. Hydration your skin is also important before the treatment.
4. Be sure to inform your care provider if you have ever had cosmetic tattoos or cosmetic pigmentation or permanent makeup applied near the area of treatment.

### **Instructions FOLLOWING your laser treatment:**

1. Sunscreen sunscreen sunscreen! keeping hydration of the skin are important to prevent complications.
2. Cleanse the treated area at least daily with water and mild cleanser, and then pat the area dry.
3. Do not rub or scratch the treated area.
4. If crusting/scabbing occurs, do not shave or pick area. Apply Aquaphor ointment (tattoo) or other moisturizer (face) to the area 2/3 times a day. Keep the area moist, and let the crusting /scabbing resolve on its own.
5. If you are prone to break outs or have oily skin, consider waiting 24 hours before applying any topical products.
6. Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen.
7. Avoid contact sports or any other activity that could cause injury of the treated area.
8. Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
9. Contact physician if there is any indication of infection (redness, tenderness or pus).



## 激光治疗须知

### 治疗前皮肤准备

1. 治疗前4周不能被太阳暴晒，美黑。暴晒后会影响治疗效果和增加并发症风险
2. 每天使用广谱防晒霜SPF 指数至少30以上，每2小时要重复使用防晒霜
3. 治疗前需要卸妆和清洁皮肤，治疗前的保湿和清洁准备能提高治疗效果，减少不良反应
4. 如果您治疗的部位有半永久或永久的纹眉纹身等，请在治疗前提醒激光治疗师

### 治疗后注意事项

1. 防晒和保湿补水对于预防反黑等并发症特别关键
2. 治疗后每天都要清水或温和的洗脸奶清洁皮肤，然后轻柔的按干
3. 请不要抓，抠或用力摩擦治疗部位皮肤
4. 如果有脱皮或结痂请不要撕扯或人为去除。可以在局部每天涂保湿产品或凡士林等2-3次
5. 如果你是敏感肌肤或出油特别多，可以24小时以后再用护肤品
6. 冷敷或止痛药膏可以缓解治疗后不适感
7. 请避免可能引起治疗部位受伤的任何运动或活动，比如刮毛，球类运动
8. 治疗后一周内请避免游泳，泡热水澡或桑拿等，直到皮肤完全恢复
9. 治疗后如果有感染症状，比如红肿热痛，流脓请立即联系激光治疗师



**Skin laser treatment is generally safe and effective; however, there are certain contraindications or factors that may make an individual unsuitable for the procedure. Here are some common contraindications for skin laser treatment:**

### **Pregnancy**

Laser treatments are typically not recommended for pregnant women due to potential risks to the fetus. It's essential to inform your healthcare provider if you are pregnant or planning to become pregnant.

### **Active infections**

If you have an active skin infection, such as herpes simplex virus (cold sores), bacterial infections, or fungal infections, it's advisable to postpone laser treatment until the infection has resolved.

### **Recent sunburn or excessive sun exposure**

Laser treatments should be avoided on sunburned skin or skin that has been recently exposed to excessive sunlight. Sunburned skin is more susceptible to adverse reactions and complications from laser treatment.

### **Photosensitivity or medications**

Some medications or medical conditions can increase photosensitivity, making the skin more prone to adverse reactions from laser treatment.

Inform your healthcare provider about any medications you are taking, including topical creams, oral medications, or herbal supplements.

### **Skin conditions or disorders**

Certain skin conditions, such as active eczema, psoriasis, dermatitis, or rosacea, may require special consideration or precautionary measures before undergoing laser treatment. These conditions can affect the skin's ability to heal properly or may be exacerbated by the treatment.

### **Recent cosmetic procedures**

If you have recently undergone cosmetic procedures, such as chemical peels, microdermabrasion, or injectable fillers, it's important to discuss this with your healthcare provider before scheduling a laser treatment. The timing and combination of treatments need to be carefully considered to avoid potential complications.

### **History of keloid scarring**

Individuals with a history of keloid scarring may have an increased risk of developing excessive scarring or skin reactions after laser treatment. It's important to discuss this with your healthcare provider before proceeding with the procedure.

### **Skin cancer or suspicious lesions**

If you have a history of skin cancer or suspicious skin lesions, laser treatment may not be appropriate for certain areas or may require close monitoring by a dermatologist.

These are general contraindications for skin laser treatment, but the specific contraindications can vary depending on the type of laser used and individual factors. It's crucial to consult with a qualified professional who can evaluate your unique situation and determine if skin laser treatment is suitable for you.



皮肤激光治疗一般是安全有效的，然而，有一些情况会使某些个体不适合接受这种治疗。

以下是皮肤激光治疗常见的**禁忌症**：

### **怀孕**

由于对胎儿可能产生潜在风险，通常不建议孕妇接受激光治疗。

如果您怀孕或计划怀孕，请务必告知您的医疗保健提供者

### **活动性感染**

如果您有活动性皮肤感染，例如单纯疱疹病毒（唇疱疹）、细菌感染或真菌感染，建议将激光治疗推迟，直到感染完全消退。

### **最近晒伤或过度暴晒**

应避免在晒伤的皮肤或最近暴露在过度阳光下的皮肤上进行激光治疗。

晒伤的皮肤更容易产生不良反应，且激光治疗可能引起并发症。

### **光敏性或药物**

某些药物或医疗条件可能增加皮肤对激光治疗的光敏性，使其更容易产生不良反应。

请告知您的医疗保健提供者您正在服用的任何药物，包括局部药膏、口服药物或草药补品。

### **皮肤状况或疾病**

某些皮肤状况，例如活动性湿疹、银屑病、皮炎或酒渣鼻，可能需要在接受激光治疗前特别考虑或采取预防措施。

这些状况可能影响皮肤的正常愈合能力，或者在治疗过程中可能加重症状。

### **最近进行的整形手术**

如果您最近接受了化学剥脱、微晶磨削或填充剂注射等整形手术，请在安排激光治疗前与您的医疗保健提供者讨论。

需要仔细考虑治疗的时机和组合，以避免潜在的并发症。

### **瘢痕增生病史**

有瘢痕增生病史的个体在激光治疗后可能增加出现过度瘢痕化或皮肤反应的风险。

在进行治疗之前，重要的是与医疗保健提供者讨论这一情况。

### **皮肤癌或可疑病变**

如果您有皮肤癌病史或可疑皮肤病变，可能不适合在某些区域接受激光治疗，或需要由皮肤科医生密切监测。

以上均属于皮肤激光治疗的一般禁忌症，但具体禁忌症因所使用的激光类型和个体因素而异。

务必咨询合格的专业人员，他们能够评估您的独特情况，并确定是否适合接受皮肤激光治疗。