

# ANGELIC SKIN CLINIC

## Pre Treatment Instructions for Skin Tightening Treatment

### Pre Treatment Instructions:

- Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 4 to 6 weeks before and after treatments.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior.
- Let your provider know if you have a history of hyper-pigmentation.
- You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.
- Photosensitizing medications such as certain antibiotics or steroids should be discontinued two weeks prior to the treatment. If you are unsure of a medication consult with your provider prior to treatment,
- Come to your appointment with a clean face- remove all makeup if area to be treated is the face.
- Do not have Botox injections, dermal filler injections, chemical peels or microdermabrasion in the treatment area for at least 14 days before laser skin tightening.

Call 763-497-7546 During Working Hours for any questions or concerns OR  
Email [info@angelicskinclinic.com](mailto:info@angelicskinclinic.com) for after hour support.

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## Post Treatment Instructions for Skin Tightening Treatment

### Post Treatment Instructions:

- It is normal to experience redness and swelling in the treatment area following laser skin tightening. This may persist for several days. The treated area may feel like a razor burn or sunburn for a few hours after treatment.
- Over-the-counter hydrocortisone or aloe vera may be used to alleviate redness and irritation.
- Improper post-treatment care, including excessive heat or sun exposure of the treated area, may increase the chance of scarring, pigmentation changes and skin texture changes.
- It is imperative that you avoid excessive heat in the treatment area, such as hot tubs, sauna's or working out for 24 hours after laser skin tightening treatment. Avoid sun exposure to the treatment area, and do not use UV tanning beds at all for two weeks after treatment.
- Use a broad-spectrum sunblock with an SPF of 30 or above on a daily basis (rain or shine).
- Do not use any topical products that cause photosensitivity (e.g. hydroxy acids, salicylic acid, retinols, and benzoyl peroxide) in the treatment areas for two weeks after treatment.
- Use a gentle cleanser and lotion on treated areas.
- Follow instructions regarding all oral medications that we provided at your medical laser consultation.
- Do not have Botox injections, dermal filler injections, chemical peels, LHR or microdermabrasion in the treatment area for at least 14 days after Laser Skin Tightening.
- We recommend 4-6 treatments spaced 4 weeks apart.

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