

# Pre- and Post- Treatment Care

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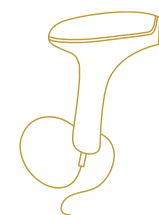
# Pre- and Post-Treatment Care

**Proper preparation and aftercare are essential for safe healing and optimal results**

## **Why Pre & Post Care Matters**

- Reduces risk of complications
- Supports proper healing
- Improves treatment outcomes
- Protects the skin barrier

**Pre and post treatment care play a critical role in both safety and results. What happens before and after a treatment can significantly impact healing, effectiveness, and overall client satisfaction.**



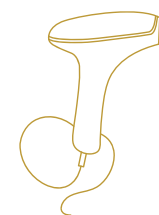
**Tip: Results don't just come from the treatment — they come from the care around it**

# Pre-Treatment Guidelines

## Client Pre-Treatment Instructions

- Avoid sun exposure and tanning
- Discontinue photosensitizing products (if advised)
- Shave treatment area if required
- Arrive with clean, product-free skin
- Avoid active sunburn or irritation

**Proper pre-treatment preparation reduces risk and ensures the laser can interact effectively with the target without interference.**



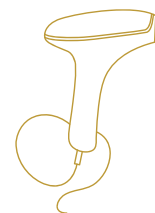
**Tip: Prep protects the treatment**

# What to Avoid Before Treatment

## Pre-Treatment Precautions

- No recent tanning or sunburn
- Avoid active skincare irritation
- Avoid recent chemical peels or resurfacing
- Avoid certain medications if contraindicated

**Failing to follow pre-treatment precautions increases the risk of burns, pigmentation changes, and poor outcomes.**



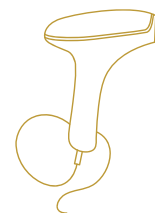
**Tip: If the skin isn't ready, the treatment shouldn't happen**

# Post-Treatment Care

## Post-Treatment Instructions

- Apply soothing products as directed
- Avoid sun exposure and wear SPF
- Do not pick, scratch, or irritate skin
- Follow all aftercare instructions
- Avoid heat (sauna, hot showers, workouts) for 24–48 hours

**Post-care is essential for proper healing and achieving the desired results. Clients must follow instructions closely to avoid complications.**



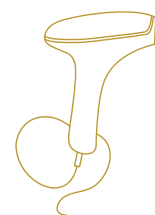
**Tip: Aftercare is part of the treatment**

# Expected Skin Responses

## Normal Post-Treatment Reactions

- Redness (erythema)
- Mild swelling
- Darkening of pigment (temporary)
- Warmth in treated area
- Mild sensitivity or tenderness

**These responses are normal and indicate that the laser has interacted with the target tissue. Educating clients on expected reactions helps reduce anxiety and improve compliance.**



**Tip: Normal reactions = expected progress**

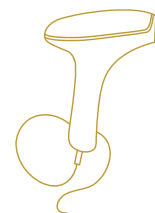
# When to Be Concerned

## **When to Monitor or Refer**

- Blistering
- Excessive swelling
- Signs of infection
- Unexpected skin reactions

**Not all reactions are normal. Providers must recognize when a response may indicate a complication and take appropriate action.**

**Document and follow up on any adverse response**

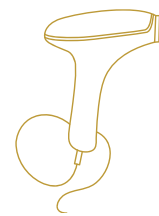


**Tip: When in doubt, assess and respond early**

# Summary

## Key Takeaways

- Pre-care prepares the skin
- Post-care supports healing
- Client education is critical
- Proper care improves results and safety



**Tip: Great results come from great care**