Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Name: DOB: Date:

Recommended Pre & Post Care for Pigmentation Treatments

For best results please follow these instructions

Before your treatment:

- Do not wear makeup on the treated area the day of treatment.
- Excess hair in the treatment area should be cleanly shaved two days prior to treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment. This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, chemical peels, scrubs, etc.)
- You must be off Accutane for six months prior to your treatment.
- You must be off retinols in your treatment area for three to five days prior to your treatment.
- Notify us with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen
- Bruising, redness and swelling may occur and will resolve with time
- Avoid heat – hot tubs, saunas, etc. for 2 days post-treatment
- Avoid skin irritants (examples below) for five days post-treatment
    - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Treated pigment will exfoliate off face in 1 week and off the body in 2 to 3 weeks.
- DO NOT PICK treated area. Allow area to fall off on its own.
- Multiple treatments are required.
- Notify us of any concerns such as blistering, excessive redness or swelling, etc.
- Our nurse will discuss when to resume your skin care regime at follow up.

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