

NORTH METRO DERMATOLOGY

PRE- AND POST- CARE INSTRUCTIONS: SCITON® LIGHT-BASED HAIR REDUCTION

Patient response can vary. Redness and swelling may be seen for several hours (occasionally up to several days) following treatment. Raised bumps (similar to hives) may develop and usually subside within a few hours after treatment. The treated hairs may take several weeks to exfoliate and may appear "growing" at this time. Occasionally, sun spots and other discoloration may darken after treatment. Darkened spots may progress to scabs or crusting and will start flaking off within a few days.

Pre-Treatment Instructions

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- If instructed, follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- If instructed, take prescribed medication(s) to help prevent cold sores and/or infection.
- Do not use sunless tanning products 10 days before treatment.
- Tan skin cannot be treated. Direct sun exposure and tanning lights should be avoided two weeks before treatment. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (EltaMD or NMD Sunscreen preferred).
- Do not tweeze, wax, thread, or use chemical depilatories six weeks before treatment. Shaving is permitted.
- Shave treatment area before treatment so that hair is no longer than 1/8".

Post-Treatment Instructions

- Caution should be used when applying or removing makeup until treated area is well healed.
- Use cool water with a gentle cleanser (Skin Wise Organics Gentle Cream Cleanser) to wash treated area for at least three days or until treated area is well healed.
- Avoid retinoids, benzoyl peroxide, alpha and beta hydroxy acids, and other potential irritating ingredients for at least three days or until treated area is well healed.
- Avoid sun exposure and tanning lights for at least two weeks while continuing with recommended sunscreen daily.
- Do not pick or scrub the treated area. Take special care to avoid manipulation of treated area to minimize risk for scarring and unwanted pigment changes.
- Allow hair to exfoliate naturally. Do not tweeze, wax, thread, or use chemical depilatories. Shaving is permitted.
- Avoid strenuous activity and exercise for three days.
- Avoid swimming, saunas, and steaming for at least three days or until treated area is well healed.
- Blistered areas should be kept moist with an ointment (Skin Wise Organics Soothing Barrier Ointment).
- Skin Wise Organics Soothing Barrier Ointment may be used to provide comfort and promote healing.
- Cool compresses can be used after treatment to provide comfort and reduce swelling.

PLEASE CONTACT OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS.

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