

# **NORTH METRO DERMATOLOGY**

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

Patient response can vary. Redness and swelling may develop for several hours or several days. Raised bumps (similar to hives) may develop for several hours or several days. Hair may take several weeks to slough from skin. Brown spots in treatment area may darken and develop a scab-like appearance before sloughing from skin. Darkened brown spots usually heal within 1-2 weeks on face and 2-4 weeks on body. A sunburn sensation may develop during treatment which usually resolves soon after treatment but may last several hours.

### **Pre-Treatment Instructions**

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- Avoid cosmetic and dermatological treatments in treatment areas for two weeks 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.
- Avoid sunless tanning products for two weeks 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 for at least six weeks before treatment. Only shaving is permitted between treatments.
- Closely shave treatment areas before treatment.

### **Post-Treatment Instructions**

- Avoid retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients for at least three days or until treated areas are healed.
- Use cool water with a gentle cleanser to cleanse treated areas until healed.
- Use gentle moisturizers to keep treated areas hydrated while healing.
- In the rare case of blistering, apply ointment (Skin Wise Organics Soothing Barrier Ointment preferred) until healed.
- Avoid direct sun exposure for at least two weeks or until treated areas are healed. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (EltAMD or NMD Sunscreen\* preferred).
- Cool compresses can be used to reduce stinging and swelling.
- Facial swelling can be minimized by sleeping upright.
- Do not pick or scrub the treated area. Take special care to avoid manipulation of treated areas to minimize risk for scarring and discoloration.
- Avoid strenuous activity and exercise for three days.
- Avoid swimming, saunas, and steaming for at least three days or until treated areas are healed.
- Avoid cosmetic and dermatological treatments until healed.
- Allow hair to slough naturally. Do not tweeze, wax, thread, or use chemical depilatories. Shaving is permitted but should be avoided if skin is sensitive.

\* This product is classified as an eligible expense by most HSA, HRA, and FSA plans. Check with your plan's administrator to confirm qualifying expenses, as well as any supporting documents that may be needed to substantiate your claim.

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

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