

# NORTH METRO DERMATOLOGY

## PRE- AND POST- CARE INSTRUCTIONS: SCITON® BROADBAND LIGHT

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. Vessels may disappear, darken, lighten, or appear unchanged but fade with time. Vessel darkening and bruising may occur for several days or weeks. Brown spots can appear darker 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

- If instructed, discontinue topical retinoids and acne products 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 Skin Wise Clinical\* preferred).

### Post-Treatment Instructions

- If instructed, avoid topical retinoids and acne products for three days.
- Use cool water with a gentle cleanser (Skin Wise Clinical Gentle Renewing Cleanser preferred) to cleanse treated areas until healed.
- Use gentle moisturizers to keep treated areas hydrated while healing.
- In the rare case of blistering, apply ointment 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 Skin Wise Clinical\* 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.

\*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.

## CONSENT FOR LASER AND LIGHT-BASED TREATMENTS

I clearly understand and accept the following:

1. As with all cosmetic procedures, the goal with laser and light-based treatments is improvement, not perfection, and the number of treatments necessary is dependent on several factors including but not limited to procedure type, condition being treated, area being treated, tan, skin color and hair color.
2. There may be more treatments necessary than I anticipated.
3. There is no guarantee that the expected or anticipated results will be achieved.
4. I understand the fee at the time of service is for that procedure only. There will be a charge for all subsequent procedures. Refunds will not be given if the desired result is not achieved or maintained.
5. I received a copy of post-treatment instructions and agree to follow instructions carefully to minimize risk of side effects.
6. I authorize the use of any photographs taken for teaching and other viewing purposes.

**Although complications seem to be infrequent following treatment, I understand the following side effects or complications may occur or are theoretically possible and could happen to me:**

1. Discomfort with redness and swelling that may last two days or more.
2. Decrease or increase in pigmentation that may last 1-3 months or more.
3. Activation of cold sores.
4. Folliculitis (inflammation of hair follicle).
5. Blisters and/or crusting.
6. Bruising.
7. Scarring: There is a small chance of scarring, including hypertrophic scars, which are enlarged scars, and rarely, keloid scars, which are abnormal, heavy, and raised. Scarring is a rare occurrence but is a possibility because of the disruption of the skin's surface. To minimize the changes of scarring it is important that you follow all instructions carefully.

I understand the potential risks and consent to treatment:

Patient Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_



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