



PRE TREATMENT CHECKLIST

LASER SKIN REJUVENATION

The following checklist is essential to ensure your safety if you are going on to have a treatment at All About You. Please review the checklist to ensure you have followed all the points enclosed before having your treatment.

THIS TREATMENT:

- **MUST NOT BE DONE IF YOU ARE UNDER 18YRS AGE UNLESS YOU HAVE A PARENT OR GUARDIAN WITH YOU ON THE DAY OF THE TREATMENT**
- **MUST NOT BE DONE OVER SCARS LESS THAN 3 MONTHS OLD FROM INJURIES OR SURGERY YOU MUST INFORM YOUR COSMETIC PRACTITIONER IF THERE ARE ANY SCARS FROM INJURIES OR SURGERIES IN THE AREA TO BE TREATED**
- **MUST NOT BE DONE IF YOU ARE PREGNANT**
- **MUST NOT BE DONE OVER A COSMETIC TATTOO**
- **MUST NOT BE DONE OVER A PACEMAKER OR METALLIC IMPLANT**
- **MUST NOT BE DONE OVER A PERMANENT SURGICAL IMPLANT OR FACIAL THREADS**
- **CAN BE DONE IF YOU ARE BREAST FEEDING BUT PLEASE NOTE THAT THE TREATMENT. IF FOR PIGMENTATION, MAY NOT BE AS EFFECTIVE**
- **CAN BE DONE IF YOU ARE CURRENTLY TAKING ORAL CONTRACEPTIVE PILL OR ANY OTHER MEDICAL OR NATURAL HORMONAL SUPPLEMENTS BUT PLEASE NOTE THAT THE TREATMENT, IF FOR PIGMENTATION, MAY NOT BE AS EFFECTIVE**

SHOULD NOT BE DONE IF YOU SUFFER WITH THE FOLLOWING MEDICAL CONDITIONS:

- SKIN CANCERS IN THE AREA TO BE TREATED OR RECURRENT SUN SPOTS
- VITILIGO – WHITE PATCHES ON THE SKIN
- ABNORMAL SKIN HEALING WITH KELOID OR HYPERTROPHIC SCARS – RAISED RED ITCHY SCARS AFTER INJURIES OR SURGERY
- EPILEPSY
- PORPHRIA – ACUTE REACTION TO SUNLIGHT
- COLD SORES IN THE AREA TO BE TREATED
- TYPE 2 DIABETES OR ANY POORLY CONTROLLED DIABETES

YOU MUST NOT HAVE TAKEN ROACCUTANE IN THE LAST 6 MONTHS

YOU MUST NOT HAVE TAKEN GOLD THERAPY FOR ARTHRITIS IN THE LAST 6 MONTHS

IN THE LAST 6 MONTHS YOU SHOULD NOT HAVE HAD ANY OF THE FOLLOWING COSMETIC TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED

- FULL ABLATIVE LASER RESURFACING e.g. CO2 laser
- FRACTIONAL ABLATIVE LASER RESURFACING e.g. Pearl, Pearl Fractional
- MEDICAL STRENGTH CHEMICAL PEELS PERFORMED BY NURSE/DOCTOR e.g. TCA, Obagi
- LIQUID NITROGEN / CRYOTHERAPY SPRAY TO SUN SPOTS
- LASER TATTOO REMOVAL
- PDT (PHOTODYNAMIC THERAPY) for recurrent abnormal skin lesions such as sun spots

IN THE LAST 3 MONTHS YOU SHOULD NOT HAVE HAD ANY OF THE FOLLOWING COSMETIC TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED?

- FRACTIONAL NON ABLATIVE LASER RESURFACING e.g. Fraxel
- LASER PIGMENTATION TREATMENT e.g. copper bromide

IN THE LAST 4 WEEKS YOU SHOULD NOT HAVE HAD ANY OF THE FOLLOWING COSMETIC TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED?

- TEMPORARY DERMAL FILLER e.g. Restylane, Juvederm
- TEMPORARY SKIN HYDRATING INJECTIONS e.g. Vital, Mesolis
- TEMPORARY CONTOUR FILLER INJECTIONS e.g. Voluma, Sub Q, Modelis
- SEMI-PERMANENT FILLER e.g. Radiesse, Ellanse
- PERMANENT FILLER INJECTIONS e.g. Aquamid
- COLLAGEN STIMULATING INJECTIONS e.g. Sculptra
- PLATELET RICH PLASMA INJECTIONS
- SKIN NEEDLING OR DERMAPEN
- IPL (INTENSE PULSED LIGHT) SKIN REJUVENATION
- LASER HAIR REDUCTION
- IPL (INTENSE PULSED LIGHT) HAIR REDUCTION
- LASER VEIN TREATMENT

IN THE LAST 4 WEEKS IF YOU HAVE TAKEN ANY OF THE FOLLOWING MEDICATIONS OR SUPPLEMENTS YOU SHOULD NOTIFY YOUR COSMETIC PRACTITIONER:

- ORAL STEROIDS OR PREDNISONE
- PROLONGED COURSE OF TETRACYCLINE ANTIBIOTIC e.g. Minomycin, Doryx, Akamin
- PROLONGED COURSE OF SULPHONAMIDE ANTIBIOTIC e.g. Bactrim, Septrim
- HEART MEDICATION CALLED AMIODARONE e.g. Cordarone, Nextrone
- HEART MEDICATION CALLED DILTIAZEM e.g. Cardizem
- DIURETIC MEDICATION OR 'FLUID PILL' e.g. Thiazides, Lasix, Irbesartan, Moduretic
- BLOOD PRESSURE MEDICATION e.g. Acetec, Enalapril, Capoten
- ANTIDEPRESSANT OR ANTIANXIETY MEDICATIONS e.g. Phenothiazines, Tricyclics, Endep, Elavil
- ORAL CONTRACEPTIVE PILL
- HORMONE REPLACEMENT THERAPY e.g. Oestrogens, Progesterones
- THYROID MEDICATIONS e.g. Thyroxine
- TESTOSTERONE MEDICATIONS

- ANTI ARTHRITIS MEDICATION e.g. Voltaren, Indocid, Feldene
- ANTI EPILEPTIC MEDICATIONS e.g. Chlorpromazine, Fluphenazine, Tegretol, Dilantin
- ANTIDIABETIC MEDICATION e.g. Sulphonylureas, Diamox, Glipizide
- ANTI FUNGAL MEDICATIONS e.g. Griseofulvin, Lamisil
- CHOLESTEROL MEDICATIONS e.g. Statins, Lipitor, Zocor
- ST JOHNS WORT SUPPLEMENT

IN THE LAST 4 WEEKS YOU MUST NOT HAVE APPLIED ANTI SKIN CANCER CREAMS PRESCRIBED BY A DOCTOR TO THE SKIN AREA TO BE TREATED e.g. Aldara, Efudix, Solase

IN THE LAST 2 WEEKS IF YOU HAVE TAKEN ANY OF THE FOLLOWING MEDICATIONS OR SUPPLEMENTS YOU SHOULD NOTIFY YOUR COSMETIC PRACTITIONER:

- NUROFEN, IBUPROFEN OR OTHER NON STEROIDAL ANTI –INFLAMMATORY MEDICATION
- ANTIHISTAMINES e.g. Demazin, Phenergan, Hismanal, Polaramine, Periactin
- ANTI FUNGAL MEDICATIONS e.g. Griseofulvin, Lamisil
- CIPROFLOXACILLIN ANTIBIOTIC e.g. Ciproxin, Cipro, Proquin, Ciprofloxacin
- TETRACYCLINE ANTIBIOTIC e.g. Minomycin, Doryx, Akamin
- SULPHONAMIDE ANTIBIOTIC e.g. Bactrim, Septrim

IN THE LAST 2 WEEKS YOU MUST NOT HAVE APPLIED ANY OF THE FOLLOWING MEDICATIONS TO THE SKIN AREA TO BE TREATED

- VITAMIN A CREAM/GEL PRESCRIBED BY A DOCTOR e.g. Retin A, Stieva A, Zorac, Retinol, Differin, Epiduo
- ANTIBIOTIC CREAM/GEL PRESCRIBED BY A DOCTOR e.g. Eryacne gel, Duac
- STEROID CREAM PRESCRIBED BY A DOCTOR e.g. Diprosone, Elocon

IN THE LAST 2 WEEKS YOU MUST NOT HAVE HAD A SPRAY TAN OR APPLIED FAKE TANNING CREAMS TO THE AREA YOU ARE ABOUT TO HAVE TREATED

IN THE LAST 7 DAYS YOU MUST NOT HAVE EXPOSED YOUR SKIN TO EXCESS UNPROTECTED SUNLIGHT

IN THE LAST 7 DAYS YOU SHOULD NOT HAVE APPLIED THE FOLLOWING TO THE SKIN IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED

- VITAMIN A PREPARATIONS FROM BEAUTY/DERMAL THERAPIST OR OVER THE COUNTER
- ANTI – PIGMENTATION PREPARATIONS
- BENZOYL PEROXIDE PREPARATIONS e.g. Proactive
- HOME PEELING CREAMS

IN THE LAST 24 HOURS YOU MUST NOT HAVE HAD ANY OF THE FOLLOWING TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED

- BOTULINUM TOXIN INJECTIONS

IN THE LAST 24 HOURS YOU SHOULD NOT HAVE APPLIED THE FOLLOWING TO THE SKIN IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED

- AHA/BHA SKIN CARE PREPARATIONS e.g. Glycolic Cleanser or Scrub, Clearskin gel
- HOME ROLLER OR HOME NEEDLING DEVICE e.g. skin inject

IF YOU ARE HAVING LASER TREATMENT DONE IN A HAIRY AREA YOU MUST CLOSE SHAVE THE AREA ON THE DAY OF THE TREATMENT (REMEMBER THAT LASER WILL LEAD TO SECONDARY HAIR REDUCTION IN THE AREA TREATED)



ALL ABOUT YOU

skin clinic

AFTERCARE INSTRUCTIONS

LASER SKIN REJUVENATION

You have just completed your Laser treatment. Your cosmetic practitioner has advised you of appropriate aftercare instructions to follow. A written outline of those instructions is available for your convenience. You are advised to follow these instructions to ensure the best result from your treatment.

- There may be a sunburn-like redness that can last for 12-24 hours. You **MUST NOT** apply any cold compresses or ice to the areas treated after the treatment. This treatment uses a laser to generate heat in the deep tissues of the skin to correct scarring, reduce pores, reduce general redness and stimulate collagen. It is important to help maintain that heat and avoid artificially cooling the skin after the treatment, that includes air-conditioning and fanning the skin. However, if there are any signs of 'hot spots' on the skin ie areas where too much heat has developed in one area (in extreme cases this may result in a minor blister which is rare), then cold compresses (**DO NOT** use ice) should be placed over the area after the treatment.
- There may be swelling that can last 2-4 hours and will settle spontaneously.
- There may be bruising which is extremely rare and if it occurs, avoid medications such as aspirin or nurofen, which are blood-thinning agents and may exacerbate bruising, for 24 hours. Also avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after a few hours. If you have suffered in the past with cold sores on the skin or lips, please advise your cosmetic practitioner prior to

treatment as this viral infection may be re-activated by the treatment. You can take L-lysine daily (available from the chemist or health store) for 2-3 days prior to and after your treatment if necessary. Please contact the clinic for advice if cold sores occur on **Ph: 9589 4615**

- You **MUST** avoid sun exposure and solarium treatments for at least 3 weeks after the treatment because the area treated will be more prone to burning and increased pigmentation during this period. Apply a 30+ or 50+ sunblock frequently and daily for 1-2 weeks after treatment. If your treatment was for pigmentation & freckles or broken capillaries, these may return if you continue to expose your skin to sunlight.

- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid, Benzoyl Peroxide (e.g. Proactive), Tretinoin or Retinoic Acid (e.g. Retin A) for 24 hours.

- It is important to maintain a good skincare routine with frequent hydration or moisturisation on a daily basis (approximately 4 x daily). Use a hydrating gel e.g. Medi Sooth and/or a moisturiser e.g. moisturiser/sunscreen. Please consult your cosmetic practitioner for complimentary advice on skincare.

If any of these symptoms persist or become worse please contact the clinic on Ph 9589 4615.