**Before Care Instructions for Laser Skincare Treatment**

Laser Skincare treatments will improve the overall look and feel of your skin.  Our medical-grade laser targets and treats the following skin conditions: Dryness, Oily, Acne, Fine Lines, Scarring, Uneven Skin Texture/Color, Broken Capillaries, Spider Veins, Rosacea, Dark Circles, Eczema, Sebaceous Hyperplasia, Skin Tags, Psoriasis, Keratosis, and Vitiligo

**For the best laser skincare results, clients must follow these instructions prior to coming in for laser treatment:**

1. Clean and shave the area with soap and water and do not use any products, creams, or lotions, except sunblock on the area prior to treatment.
2. Protect the area from sun exposure on the day of treatment. Use SPF50 sunscreen, bandage the area being treated and/or thoroughly cover the area. A long-sleeved t-shirt is sufficient cover. Tanned skin and skin exposed to direct sunlight will interfere with the laser beam penetrating the area being treated and could burn the skin.
3. Medication verification: make sure you are not taking any photosensitive medications. A list of common photosensitive medications is found on our website and on the next page. If you are unsure about a medication you are taking, ask your doctor or a pharmacist whether it is photosensitive.
4. Following the post-treatment instructions is very important to get the best results, please read them carefully after treatment.
5. Drink plenty of water to keep skin hydrated before and after treatment.

**A single course of treatment involves three treatment sessions. Depending on the skins condition, sometimes a second course of treatment and continued maintenance is required. We also recommend maintaining a daily skincare regimen of cleansing, treating, moisturizing, and sunblock for optimal results.**

**Possible side effects are:**

1. Loss of normal skin color over the treated site.
2. Some residual even after treatments.
3. Mild texture change or very rarely scarring in the treated site.
4. Darkening in the area or surrounding tissue.

A free 15-minute consultation with an OTM Skin professional will be provided and required prior to any appointment. At this time, we will create a patient profile and individualized treatment plan to meet your skincare needs. Please contact OTM Skin with any questions or concerns.

**Common Photosensitizing Medications**

* Antibiotics (ciprofloxacin, doxycycline, levofloxacin, ofloxacin, tetracycline, trimethoprim)
* Antifungals (flucytosine, griseofulvin, voricanozole)
* Antihistamines (cetirizine, diphenhydramine, loratadine, promethazine, cyproheptadine)
* Cholesterol lowering drugs (simvastatin, atorvastatin, lovastatin, pravastatin)
* Diuretics (thiazide diuretics: hydrochlorothiazide, chlorthalidone, chlorothiazide.; other diuretics: furosemide and triamterene)
* Non-steroidal anti-inflammatory drugs (ibuprofen, naproxen, celecoxib, piroxicam, ketoprofen)
* Oral contraceptives and estrogens
* Phenothiazines (tranquilizers, anti-emetics: examples, chlorpromazine, fluphenazine, promethazine, thioridazine, prochloroperazine)
* Psoralens (methoxsalen, trioxsalen)
* Retinoids (acitretin, isotretinoin)
* Sulfonamides (acetazolamide, sulfadiazine, sulfamethizole, sulfamethoxazole, sulfapyridine, sulfasalazine, sulfasoxazole)
* Sulfonylureas for type 2 diabetes (glipizide, glyburide)
* Alpha-hydroxy acids in cosmetics

<https://www.fda.gov/drugs/special-features/sun-and-your-medicine>