



**Pre and Post Care Instructions  
Light Based Treatments  
(Moxi, BBL, LHR, Pigment, Vascular)**

**Pre Treatment**

- Avoid the sun or sunless treatment products 3-4 weeks prior to your treatment.
- If you have a history of herpetic lesions, a prophylactic anti-viral may be started prior to treatment.
- Avoid prescription and over the counter topicals (Retin-A, AHA's, etc) to the proposed treatment site for 3-7 days prior to treatment.
- **Laser Hair Removal:** You must avoid bleaching, plucking or waxing hair for 4-6 weeks prior to laser treatment.
- If there is hair in the area to be treated, please shave within 24 hours before your scheduled session.
- Please wear comfortable clothing on day of treatment that provides easy accessibility to the treatment site.
- Allow 2 weeks of healing time from Botox, Dysport, and Filler injections prior to treatment within the same area.
- Please notify us if your medical history has changed, if you are taking antibiotics, any new medications, pregnancy, etc. This may change your treatment plan.

**Post Treatment**

- A sunburn like sensation may be present for 24 hours post treatment. Swelling may occur and last up to 72 hours. Cool compresses may be applied until sensations and swelling subside.
- Please ensure that the area is well moisturized with frequent applications of non-perfumed topical moisturizer. Also, apply SPF 30 or greater daily.
- Avoid any heavy moisturizers or makeup for the first 24 hours post treatment (Moxi and 1540 treatments).
- Wash treated area gently with mild cleanser. If treated area is irritated, the area should not be rubbed with a face cloth or towel.
- Do not use any abrasive cleansers, exfoliates, or topicals as directed by your provider. Avoid any picking or scratching of the treatment site. Allow any pigmented crusts or lesions to flake on their own.
- Sun exposure is to be avoided throughout the course of treatment. A sunscreen with an SPF 30 or greater should be applied daily. Sun exposure and tanning has the potential to increase the risk of adverse reactions (e.g. blisters, permanent discoloration). There may also be a delay in receiving the next treatment.
- Avoid excessive heat or friction to the treated area. For example: heavy exercise, saunas.
- Provided that there is no persistent redness, blistering or crusting present in the area treated, you may resume all normal activities.

**Please contact your provider immediately if you notice any blistering, redness, crusting, pus, tenderness or any other changes that may concern you at 253.268.3400 or after hours at 253.249.6979.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**