

LASEMD ULTRA PRE AND POST GUIDE

I. What is the LaseMD Ultra?

LaseMD Ultra is a gentle but effective non-ablative laser that targets the water molecules in the skin. The treatment can be customized to fit your needs – whether you are looking for a light resurfacing to give your skin a glowing appearance before a special occasion or a deeper treatment to address fine lines, pigmentation and mild to moderate sun damage, LaseMD Ultra is the perfect addition to your skin care routine.

II. What can I expect during treatment?

You will feel some heat and tingling as the laser is passed over the skin. The number of passes and procedure time will depend on the depth of treatment, lasting anywhere from 5-20 minutes. For mild treatments, the discomfort is very minimal. For more aggressive treatments, your physician may apply a numbing cream 30-45 minutes before the treatment to maximize your comfort.

III. How do I prepare for treatment with the Spectra Laser?

- Avoid sun tanning, excess sun exposure and indoor tanning for at least 3-4 weeks prior to your treatment and avoid spray tans and self-tanners for at least 2 weeks prior to your visit. This is a must.
- Discontinue any topical acids and exfoliants (i.e. retinols, glycolic acid, etc.) in planned treatment areas 3 days prior to treatment.
- On the day of your scheduled treatment, arrive at the clinic with freshly cleaned skin. Do not apply lotion, cosmetics, or sunscreen to the treatment site prior to your visit. If you do so, please let us know so we can cleanse the area prior to treatment.
- Wear loose comfortable clothing so that the treatment area is easy to access.
- You will be scheduled to arrive 30 minutes prior to your planned laser treatment for application of numbing cream to make the treatment more comfortable.

IV. What are the possible risks of Spectra Laser?

Side effects of laser treatment are manageable and while complications are rare with modern lasers, there is still some risk. The primary risks are as follows:

- **Pigment changes:** There is a risk of healing with hyperpigmentation (darker color) or hypopigmentation (lighter color) in laser treated areas. In patients with darker skin tones the risk is greater and so precautions such as lower laser settings are often used. Hyperpigmentation can be treated with bleaching creams and will often improve on its own over time. For those who are at higher risk we may pre-treat with a bleaching cream to reduce this risk.
- **Infection:** Bacterial and viral infections in treated areas are rare. Those with a history of frequent cold sores are at risk of reactivating of cold sores if they are undergoing laser treatment on their face. Please let the clinic know if you have a history of frequent cold sores. A tablet antiviral medication will be prescribed. Bacterial infections may present as the eruption of numerous painful pustules, nonhealing sores and honey colored crusting. Please reach out to the clinic if there is any concern for post treatment infection.

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V. Are there patients that should not undergo treatment with LaseMD Ultra?

Treatment is not recommended for patients that have current skin cancer, active rash, or skin infection in the treatment area. Additionally, treatment is not recommended for patients who are pregnant or nursing.

VI. How long should I wait between treatments?

Treatments should be spaced on average 4-8 weeks apart to allow adequate time for full recovery of skin in between sessions. Most patients require several treatments to achieve desired results.

VII. What should I expect after my LaseMD Ultra treatment?

- You may experience redness and a burning sensation, like a sunburn, for a few hours immediately post treatment. This can be managed with soft gel ice packs, cold compresses and aloe or laser gel. Redness and sensitivity for some may last 2 days and occasionally light swelling occurs on post treatment day 1-2.
- The skin typically forms a dry, brown, coarse coffee ground like crust 1-2 days after treatment. Gently wash the skin with your fingertips and a mild cleanser and pat the skin dry. Do not scrub the treated area. The coarse crusts naturally slough on their own in 5-7 days for most patients.
- Keep the treatment area well moisturized. Use a cream-based moisturizer rather than a balm/ointment-based moisturizer as often as needed. For those with intense itching not relieved with moisturizing alone, an over-the-counter hydrocortisone cream may also be used twice a day for up to 1 week.
- Do not use toners or products containing retinol or glycolic acid for 1 week after treatment or until the skin barrier has fully returned to normal.
- Avoid vigorous exercise, saunas, and hot tubs for the first 72 hours post treatment or until redness, sensitivity and swelling has resolved. Increased redness may result from any activity that raises heart rate or body temperature (i.e. saunas, exercise, alcohol consumption).
- Wear a broad-spectrum SPF 30+ sunscreen along with sun protective clothing or broad brimmed hats to keep the treatment area sun protected for 3 weeks post treatment. Seek shade for sun protection when possible.
- In the treatment area, avoid filler injections for 4 weeks and Botox injections for 2 weeks following Ultra laser.

We look forward to working with you towards your goal of beautiful healthy skin!