



## Lightpod Neo Laser Treatment Pre and Post Treatment

What you should know **BEFORE** your treatment with the LightPod Neo Laser:

1. Discontinue the use of oral Retinoid treatment of acne at least 6 months prior to treatment.
2. Avoid sun exposure prior to treatment. Wear sun protection containing zinc and/or titanium dioxide every day. The longer your time out of the sun, the more aggressive, safe and effective your treatment will be.
3. Discontinue Retin-A, Tazorac, Tretinoin and any other Vitamin A topical therapy 2 days prior to treatment.
4. Take all recommended pre-medications if you are prone to cold sores.
5. For hair removal, 1-2 days of hair growth is recommended (shave 1-2 days prior to treatment).
6. If you learn that you are pregnant or think that you might be, please disclose this to Meredith, as treatment during pregnancy is contraindicated.
7. Seek medical clearance from your primary physician if you have a light-sensitive disorder (ie Lupus), or if you have any pigmented lesions in the area of treatment.
8. Superficial welts may occur as a result of treating pigment or veins. You may take Benadryl or Zyrtec prior to treatment to reduce swelling.

What you should know **AFTER** your treatment with the LightPod Neo Laser:

1. Follow the specific skincare regiment that Meredith has prescribed. The customized combination of products will accelerate the healing process, support the overall skin health and enhance the benefit of your treatments in the office.
2. After your treatment wash all makeup applicators and throw away liquid makeup to avoid cross contamination. Anything that touches treated skin should be cleaned, such as cell phones, pillow cases, clothing etc.
3. Continue taking oral medications as directed if you are prone to cold sores.
4. If you have small welts in areas of treatment, you may apply over-the-counter hydrocortisone topically twice daily for the first 24-48 hours following treatment.
5. Follow the professional recommendations that Meredith will give you for follow up and additional treatments. Maintenance treatments will be recommended to maintain the benefit of the original treatment series.
6. Avoid triggers if you have been treated for Melasma, rosacea or acne. The laser treatments offer relief of symptoms but are not a cure.

Your follow up appointment is a very important time for us to meet. Please ensure that you plan to return to the office in the timeframe Meredith has recommended.