

Information form Skin Laser



basicSkincare

You have just had a laser consultation for your face. You are requested to read this information carefully.

Luchthavenweg 31
5657 EA Eindhoven
T: (+31) 6 29 22 50 20
E: huidtherapie@basicskincare.nl
W: basicskincare.nl

Prior to your treatment

- Do not sunbathe and / or use a solarium 4 weeks prior to treatment. If you cannot avoid the sun, we recommend that you use a sunscreen with an SPF of at least 30. If you are outside for a longer period of time, we recommend applying the sunscreen every 2 hours.
- 2 weeks before the laser treatment do not use a self-tanning cream in the laser area.
- No foundation or pigment-containing powder may be present on the skin on the day of treatment.
- Discuss the treatment goal and the extent of skin reaction after treatment.
- It is important that you have truthfully informed the skin therapist about your health, medication use, allergies and / or pregnancy. If there is a change in the aforementioned situations, we ask you to report this to us in time in due to the possible influence of this on the laser treatment.
- **PAY ATTENTION:**
If you have an active cold sore, DO NOT laser in the face for up to 2 weeks after complete recovery due to virus spread.

During your treatment

- At the first treatment the treatment area is determined and the intensity, together with you, is chosen depending on your treatment indication. These may include the following indications; tightening / strengthening, equalization of diffused dispersed pigment / melasma, reduction of (acne) scars or a combination thereof.
- Please note that the treatment can be sensitive. This is usually experienced as thousands of pin pricks or rubber bands that hit the skin. You can also feel warmth in the skin. There is a cooling device that cools the skin during treatment and therefore bypasses the pain stimulus.
- The skin is treated with a (non) ablative laser and can thus "open" the skin, so that blood dots may be visible to a greater or lesser extent. This depends on the settings and the desired result. You will be informed about this in advance.
- The laser light is dangerous for the eyes. Your eyes are protected with laser glasses during treatment. Small children who cannot wear glasses or who cannot be monitored cannot enter the treatment room.

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After your treatment

- We cool your skin on request and possibly apply a soothing cream.
- Please note that the skin turns red for up to 10 days after treatment and that swelling may be visible. Sometimes sebaceous glands are activated temporarily.
- In some cases, some irritation / spots appear in the days following the treatment.
- The skin will heal quickly, but this gives (minuscule) crust formation for a week afterwards.
- Do not sunbathe actively and / or use a solarium until 4 weeks after the treatment. If you cannot avoid the sun, we recommend that you use a sunscreen with an SPF of at least 30. If you are outside for a longer period of time, we recommend applying the sunscreen every 2 hours.
- Heliocare sun protection and Mesoesthetic products protect you against all forms of radiation, both UVA, UVB, HEV and IR light. These products are available in the practice.
- You should not close the skin on the day of treatment other than cream that the skin therapist recommends.
- Cooling after treatment is recommended. This may be done if desired 10 minutes per hour by means of cold compresses or cold packs from the refrigerator.
- Heat, swimming, water, sports and the like are not recommended for 2 days. Consult your skin therapist for more information.

If you suspect a complication due to laser treatment or if you do not trust the skin reaction, we advise you to contact Basic Skincare's skin therapist +31 6 29 22 50 20.

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Tips

1. Clean your skin in the morning and in the evening with a suitable product for your skin type. Wash your hands with soap and water before. Dry your skin with a guest towel that you use once.
2. Use appropriate skin care (and makeup) without, for example, oil (paraffin), talc etc.
3. Sleep on a clean pillowcase daily.
4. Expressing impurities yourself is not recommended due to inflammation or scarring.
5. Avoid scratching your skin. Keep nails short and clean.