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GentleYag and I2PL Laser Pre/Post Instructions

Pre-Treatment Instructions:

1. **Avoid the sun for 4-6 weeks before and after treatment**
2. **Avoid aspirin, aspirin like products i.e. Motrin etc., and Vitamin E several days before treatment. These medications may increase the incidence of bruising.**
3. **You must avoid bleaching hair 1 week prior to treatment**
4. **HAIR REDUCTION: NO Plucking, Waxing or Electrolysis for 6 weeks prior to treatment. Shave area to be treated immediately before treatment, Do NOT leave stubble on skin. Do not believe the old myth that shaving causes hair growth.**
5. **Please arrive for your appointment with the area to be treated cleanly shaven if being treated for hair reduction.**
6. **Skin to be treated must be clean and dry; remove any make-up, moisturizer, sun screen etc. Think "Squeaky Clean".**
7. **I2PL Laser – For darker skin types we may consider a prophylactic bleaching agent and be used 4-6 weeks prior to treatment.**

Post Treatment Instructions;

1. **Keep the treated area well covered and avoid sitting in any sunlight.**
2. **Always wear a sunscreen when any sun exposure is possible. (30 SPF with UVA/UVB protection is best)**
3. **Do not allow the skin to form scabs. Keep the treated area moist with some form of ointment (Aquaphor or Vaseline).**
4. **Mild redness may occur for 1-3 days that will gradually resolve.**
5. **Several days after treatment the skin should be ready for make-up usually a cover stick or cream may be used.**
6. **If you are placed on a bleaching cream, use only at night and Sunblock during the day. Do not use the bleaching cream for more than six months.**
7. **May use cool compresses or cold gel packs or chilled aloe vera gel (may reduce the effectiveness of treatment).**
8. **Avoid irritating the treated area i.e. no heavy rubbing or scrubbing.**
9. **No hot showers, no alcohol or strenuous exercise for 3-5 days.**
10. **No vitamins or Vitamin E for 3-5 days prior to procedure.**

GentleYAG Hair Reduction - For the next two weeks or so, it may appear as though the hair is still growing. It is actually falling out. Once all the hairs have fallen out, you should be hair free for a couple of weeks and then the next hair cycle will begin to grow. While the hair is falling out, refrain from plucking or waxing. You may continue to shave and/or use a loofah to draw these hairs out.