

Motus Laser Pre/Post Treatment Instructions

Pre-Treatment

- Avoid sun exposure, any form of self-tanning (lotions, sprays, etc) and apply sunscreen daily for 2 weeks prior to your treatment. If you have a fresh tan (natural or fake), skin discoloration may occur and you will need to reschedule your appointment.
- Do not use any retinol products, products containing tretinoin, or exfoliants on the area to be treated for one week before your appointment. Avoid Accutane (or isotretinoin products) for 6 months prior. Let your provider know if you have a history of hyperpigmentation or if wounds/scars darken easily on your skin.
- You must notify the provider if you have had any cosmetic tattooing on or near the area to be treated.
- Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment. Consult your provider before stopping.
- Anticipate a minimal social “down-time” but speak to your provider specifically regarding any downtime due to it varying per procedure.

Post-Treatment

- You may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours.
- Skin redness and mild swelling is normal and may last for several days.
- Although uncommon, crusting or blistering may occur. If so, do not pick at the area but rather let the skin heal on its own. Please note that although uncommon, this is not a serious complication.
- Pigmented areas such as sun or age spots may begin to darken before they lighten. Do not pick at these areas, allow time (up to several days) for the dark spots to begin flaking off naturally.
- Cold compresses may be useful for the first 24 hours if you do experience any warmth.
- Your skin will be fragile for 2-3 days following your treatment. Be gentle when touching your skin, and follow the following precautions:
    - Use gentle cleansers, do not rub the skin, and avoid hot water during this time.
    - Do not use loofahs, scrubs, chemical peels, or other exfoliating devices (such as Clarisonic) for a minimum one week.

- Do not use any retinoids, tretinoins, alpha or beta hydroxy products, vitamin C products.
- Makeup may be applied immediately (if the skin is not broken). If wearing makeup, we recommend mineral based makeup.
- Avoid the sun and use sun block with a minimum SPF30. We recommend a mineral based sunscreen, such as Noon SPF or ZO SPF.
- Avoid excessive heat or friction to the treated area (heavy exercise, saunas, etc).

Please call **AND text the office at 480-336-9034 if you experience any blistering or increase pain, concern of infection, or if any pigment changes are bothersome or persist beyond 4 weeks.**

Date *

MM/DD/YYYY

Signature *