

BLUE SPRUCE COSMETIC & LASER CLINIC

Recommended Pre & Post Care for Titan Treatments

For best results please follow these instructions

Before your treatment:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
 - Redness and swelling may occur and resolve with time
 - Avoid heat – hot tubs, saunas, etc. for 1-2 days
 - Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
 - Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
 - Multiple treatments may be required
 - Collagen remodeling may take 3-6 months
 - Consult with clinic about when to resume skin care regime.
 - Additional instructions: _____
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Clinic: _____

Contact at Clinic: _____

Clinic Phone Number: _____