

## **Fotona Laser**

### **Pre Care**

- Avoid sun exposure, tanning beds, and self-tanners for at least 2 weeks before treatment.
- Discontinue the use of retinoids, exfoliants, AHAs/BHAs, and vitamin C serums for 5–7 days prior.
- Avoid waxing, threading, or chemical peels in the treatment area for 2 weeks.
- Do not use photosensitizing medications (like antibiotics) before treatment unless cleared by your provider.
- Stay hydrated and come to your appointment with clean, makeup-free skin.
- Let your provider know if you have a history of cold sores or herpes outbreaks—you may be prescribed an antiviral.
- Avoid alcohol and blood-thinning medications (like aspirin or ibuprofen) for 24 hours before your session if possible.

### **Post Care**

- Avoid direct sun exposure and use broad-spectrum SPF 30+ daily for at least 2 weeks post-treatment.
- Do not apply retinoids, exfoliants, AHAs/BHAs, or strong active ingredients for 5–7 days.
- Gently cleanse with a mild, non-irritating cleanser and moisturize regularly.
- Do not pick, peel, or scrub the treated area—let any flaking or shedding occur naturally.
- Avoid hot tubs, saunas, and vigorous exercise for 24–48 hours after your session.
- You may apply cold compresses or aloe vera to soothe any redness or warmth.
- Avoid makeup for the first 24 hours, or as directed based on your specific treatment.
- Drink plenty of water and allow your body time to heal—collagen stimulation continues for weeks after treatment.