



**Dream Aesthetic**  
*by Dr. Ortiz*

## Dream Aesthetic by Dr. Ortiz

### *Pre-Care Instructions – Laser Treatments*

Thank you for choosing Dream Aesthetic for your **Spectrum Laser** treatment! Whether you're receiving **IPL photofacial, laser hair removal, vascular lesion treatment, or skin resurfacing**, these pre-care instructions will help you achieve the safest, most effective results.

#### Before Your Treatment

##### **No Sun Exposure:**

- Avoid **direct sun exposure, tanning beds, and self-tanners** for at least **2–4 weeks before** treatment.
- Use **broad-spectrum SPF 30+** daily on the treatment area.

##### **Avoid Waxing, Plucking, or Electrolysis (for hair removal treatments):**

- Do not wax, pluck, or use depilatories on the area for **4 weeks prior** to laser hair removal.
- **Shaving is allowed and recommended 24 hours before** laser hair removal.

##### **Discontinue Photosensitizing Medications (if approved by your physician):**

- Medications like **antibiotics (tetracycline, doxycycline), retinoids, or certain acne treatments** can increase sensitivity to laser. Discuss with your provider if you're taking any medications.

##### **Stop Harsh Skincare Products:**

- Discontinue **retinoids, glycolic or salicylic acids, vitamin C, and exfoliants** for **5–7 days prior** to any facial laser treatment.

##### **No Active Skin Infections:**

- The treatment area must be **free of open wounds, infections, rashes, or active acne lesions**.

##### **Medical History Disclosure:**

- Inform us if you have a **history of cold sores (HSV)**, as antiviral medication may be recommended before facial laser treatments.
- Let us know about any **medical conditions, tattoos, or permanent makeup** near the treatment area.

#### Day of Treatment

##### **Arrive With Clean Skin:**

- No makeup, lotions, perfumes, deodorant, or oils on the treatment area.

##### **Shave the Area (for hair removal):**

- If receiving laser hair removal, shave the area **24 hours prior** to your appointment.

**Comfortable Clothing:**

- Wear loose-fitting clothes if the treatment area is on the body.

**Eat a Light Meal:**

- Having a small meal before treatment can help prevent lightheadedness.

**What to Expect:**

- You may experience **temporary redness, warmth, mild swelling, or sensitivity** similar to a mild sunburn.
- Cooling gel or topical creams may be used during the treatment for comfort.
- Results develop gradually and may require multiple sessions.

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