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**Client Pre & Post Care Instructions**  
**Black Diamond Laser Facial**

Thank you for scheduling your Black Diamond treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

**Pre Care Instructions**

- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids.
- Clients should come to their treatment with a clean face and no makeup on.
- Male clients please shave prior to treatment.
- Avoid extended sun exposure or tanning for 2 weeks pre & 1 week post treatment. Wear sun protective hats and clothing.
- Clients who are tanned or sunburned need to wait at least 2-4 weeks before being treated in order to avoid additional skin damage.
- No Botox and Fillers 2 weeks pre & post treatment to avoid disruption of product.
- Clients who have used Accutane within the last 12 months CANNOT have Black Diamond treatments.
- Avoid photosensitizing medications/antibiotics and aspirin.
- For clients who have a history of herpes outbreaks in the areas being treated, we recommend a prescribed medication, such as Valtrex, for one week prior to the treatment to help prevent an outbreak. Ask your esthetician for a prescription.

**Post Treatment Expectations**

- Mild erythema (redness) may be present in the treatment area and can last a few hours up to a few days. Mild swelling and/or tenderness may accompany this erythema.
- Clients may experience a mild to moderate sunburn sensation for up to 48 hours after treatment. Most clients will not experience any significant discomfort.



## Post Care Instructions

- Discomfort can be relieved with cool compresses.
- Avoid all active skin care ingredients such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinols/retinoids.
- When washing your face for the first 1-2 days, do not scrub. Use a gentle cleanser with no acids.
- No heavy exercise, hot tubs and/or saunas, or hot showers for the next 48 hours.
- Avoid shaving the area for 24 hours after treatment.
- A post-care system is recommended for best outcome and healing. This is customized by your esthetician for best pre and post outcome. A sunblock is a MUST to ensure safe treatment and best outcome.
  - Recommended post-care products include a mild facial cleanser, high quality SPF 30+(zinc and/or titanium dioxide >10%) and a good moisturizer. Your esthetician will help you determine the best post-care routine for your skin. If an open area occurs or if the treatment area is inadvertently picked an antibiotic ointment, such as Bacitracin, can be applied.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.
- In rare cases, prolonged redness or blistering may occur, if this happens please call us.