

BEAUTY LAB LASER

Don't Leave Pre and Post Care

Before Your Appointment

- Ensure the treatment area is cleanly shaved on the day of your appointment
- Avoid sun exposure and tanning for 4 weeks prior to each treatment. Use SPF 45+ throughout your treatment plan and for 6 months after
- Do not apply self-tanning products to the treatment area for at least 2 weeks before your appointment
- Discontinue use of active topical products (e.g., glycolic acid, salicylic acid, benzoyl peroxide, retinoids) in the treatment area 5–7 days prior
- If there is any pinpoint texture remaining from a previous treatment, reschedule your appointment for 2 weeks later
- Stay well-hydrated for 24 hours prior to your treatment to improve results and enhance comfort
- We cannot treat open wounds; the area being treated must be fully healed and at least 1 year old

After Your Treatment

- Avoid applying makeup to the treated area for 2-3 days
- Swimming (especially in chlorinated pools)
- Tight-fitting clothing over the treated area
- Refrain from strenuous exercise, excessive sweating, and exposure to heat (hot tubs, saunas, etc.)
- Do not pick, scrub, or exfoliate the treated area
- Avoid sun exposure and tanning for 4 weeks before and after treatment

A mild sunburn-like sensation (burning, stinging, or heat) is normal and typically resolves within 24 hours. Temporary redness, swelling, and blanching may occur and should subside in 24–48 hours, though it can last 3–5 days for some individuals. Use ice packs as needed to reduce discomfort. Once healed, mild itching or dryness is normal. Use fragrance-free moisturizers or Aquaphor for relief

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Don't Leave is Beauty Lab + Laser's way of giving back to the community by providing this treatment for our patients, free of charge. Beauty Lab's staff is not trained to give counsel or advice to our patients outside of the scope of their skincare treatments. We have partnered with Better Help online therapy to provide counseling services for our Don't Leave clients at a discounted rate. Visit <https://www.betterhelp.com/DontLeaveFoundation/> for more information.

Additional Resources

If you or someone you know is experiencing suicidal thoughts, call the Suicide Prevention Lifeline at 1-800-273-8255 or the UNI CrisisLine at 801-587-3000

5496 S. 900 E. Salt Lake City, UT 84117 801-281-3223

13222 S Tree Sparrow Drive R-150 Riverton, UT 84096 385-346-0353

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