

Electrodesiccation Pre and Post Care

PRE-TREATMENT INSTRUCTIONS

1. Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for 2 weeks prior and after the treatment. Treatment within 2 weeks of active tanning (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent.
2. Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment.
3. Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment.
4. Other laser, light, and injectable treatments may be administered immediately before or afterwards as long as skin is not sensitive; if you have questions about this, please ask your Provider.
5. Retin-A, Renova, and Tazorac must not be used for 3 days before treatment.
6. You may not be pregnant for any treatment.
7. Notify the provider of any history of skin cancer in treatment area or family history of melanoma.
8. Poorly controlled diabetes is a contraindication for treatment. If you have poorly controlled diabetes, you should not have this treatment.
9. If you have any medical condition involving impairment of skin structure, esp. healing patterns then you should not have this treatment.
10. If you have a history or current breakout of herpes/cold sores in the treatment area, we may recommend prophylactic antiviral therapy in the form of Valtrex® or Aycylovir. If so, follow the directions for your prescription.

DURING TREATMENT INSTRUCTIONS

1. During your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Our staff is always available to respond to any questions, concerns, or comments you may have.

POST-TREATMENT INSTRUCTIONS

1. Immediately after treatment, there may be mild redness or irritation in the treated areas, which may last several hours.
2. Treated spots will darken and then scab within 2 weeks following your treatment. Avoid picking or exfoliating the area and allow old skin to flake off naturally. Treat the skin gently and allow the pigment to slough off naturally. Picking or scrubbing at the skin to speed the sloughing process can lead to pigment irregularities including scarring of the skin!
3. Avoid excessive heat to treated areas 24 to 48 hours after treatment, including vigorous exercise that causes sweating, Jacuzzi, sauna, or steam baths.
4. For 7 days after the treatment discontinue any manual scrubs (“apricot seed scrub” loofahs, Clarisonic brushes, and at-home Mircodermabrasion systems) and chemical exfoliating products (Obagi, Retin-A, Retinol, Beta Hydroxy Acid, and Alpha Hydroxy Acids).
5. Glo Minerals makeup can be applied immediately after treatment and may be used to camouflage treated spots.
6. After Care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser; we recommend IA Lavender creamy cleanser. Apply an antibiotic ointment to the treated spots or a soothing moisturizer as often as needed; we recommend a product called IA VitaSoothe which is available for sale in our lobby.
7. Sun exposure and the use of tanning beds must be avoided for at least 2 weeks after your treatment. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and full spectrum sun block such as Elta MD UV Clear spf 40.
8. **Follow up Appointment: If the desired level of correction has not occurred by day 14, additional Electrodesiccation may be needed.** If you have any questions, prospective adverse reactions, or concerns regarding your Electrodesiccation treatment, you must contact Integrated Aesthetics within 2 weeks from the time of treatment to be evaluated by a medical provider. If you do not follow-up or contact us within 2 weeks from the time of treatment, then we may not be able to accurately determine whether your question or concern is directly related to the procedure.

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