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## Pre and Post Care Sheet

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### Recommendations for Pre & Post Body Contouring & Wraps

For most significant result schedule 3-6 sessions, spaced 5-20 days apart, on specific area; Wraps can be as soon as 48hrs.

Once scheduled for Body Contouring treatment these supplements & daily vitamin/minerals have helped others reach higher levels of success. This should be done in addition to a proper exercise regimen, Water intake, Fiber and Daily Supplement.

Vitality for Life –Daily Nutraceutical Vitamin & Mineral due to their superior absorption is available at our locations.

Psyllium/Flax Fiber - take as directed, especially on treatment days AND on days you do not eat a high fiber diet.

L-Carnitine -take as directed, helps fuel all 20+ minute cardio workout and before each treatment session; helps turn stored fat into ready energy.

Niacin–helps flush toxins. \*Flush effect\* similar to a Hot Flash; this is a good thing, as it is ridding your body of toxins.

Usually lasts half hour the first time; less each time after that. Please only take a 1/2 or 1/4 of this supplement the first 2-3 days. Try not to scratch/rub your body during this process, but apply a cold compress or cool bathing may help.

Call 724 987 3221 for additional information.

Thank you for your confidence in Body Beautiful Laser Medi-Spa.

Free Upgrade to V.I.P. Status if you text the word “BODY” to the phone number 91944.

Share this gift by telling a friend, this week only!

### Cosmetic Teeth Whitening

PRE-Treatment - If it has been more than a year prior your last Dental cleaning; see your Dentist.

Avoid Fluoride toothpaste beforehand. Pre-Brush with Baking Soda to reduce Plaque/Tarter/Fluoride build-up.

Post -Treatment - For sensitivity issues it may be helpful to drink cool, clear liquids or use Liquid Vitamin-E, desensitizing gel. Instead of toothpaste, brushing with a mixture of Baking Soda and peroxide.

It is ok to brush with fluoride toothpaste 2-4 hrs after treatment but before eating/drinking to seal enamel pores to help prevent further staining.

We recommend avoiding coffee, tea, dark colored sodas, red wines, smoking, berries, candy, red sauces, beets or any foods that have the ability to stain. \*Remember if it can stain a white t-shirt it can stain your teeth.

### Pre & Post Care: Onychomycosis, a fungus under nails. Nails may thicken yellow or crack/crumble

Contagious Factors for Nail Fungus: Having an injured nail, compromised immune system, elderly, diabetes, poor circulation, wearing tight shoes, not allowing feet to breathe, perspiring a great deal especially hands/feet, already suffer from other skin conditions such as; psoriasis, eczema or athlete's foot, walking around barefoot in public showers, locker rooms and swimming pools etc.

A nail fungus & wart Reduction treatment works by shining a focused beam of light in a narrow range, the targeted laser is tuned to a specific frequency affecting cells responsible for infection. Thus, penetrating the nail and destroying fungus embedded in/ under the nail bed and plate.

Treatment of ALL nails on appendage is recommended to eradicate fungus that has yet to manifest; thus helping prevent recurrence. Majority of our patients need 2 or 3 sessions; dependent upon length of time patient has had infection, severity in which nail is involved, and how well the Pre/Post instructions here are followed. It may be necessary to perform additional treatments to obtain the optimum results.

Pre-Treatment: If nails are thick we recommend visiting a Podiatrist such as BV Foot Clinic 724-375-1577 to have them sanded thinner before treatment; so the laser can penetrate and shut down fungus in nail bed (Copay may apply).

Remove any traces of nail polish, powders on the foot, please clean feet, especially lint as it may burn.

Post Laser Treatment: Disinfect anything your feet have touched before treatment (nail clippers/file, sheets etc.). You can use Spray that can kill fungus OR 10% bleach (90% water) solution for shower floors, etc.

To prevent new fungal growth, Soak feet 10 minutes daily for 10 days after treatment. Use a mixture one part peroxide to three parts water OR straight Apple Cider vinegar - just enough to cover toes or fingers in a small basin. Allow nails to dry thoroughly before wearing socks/shoes.

To disinfect shoes - Spray deep inside shoes w/ anti-fungal foot spray after every wearing, every pair, every time.

- Dry shoes - If weather is nice, put them in sunlight, which helps kill fungal spores. Spray shoes again after they dry.

Hint - May need to reevaluate how your shoes are stored.

- Spray an anti-fungal or foot powder inside the shoes, socks and carpets.

We strongly recommend a topical anti-fungal used 2x a day until nail is grown out, such as Formula 3, Naillesse, Novanail, etc. If the area becomes or looks infected (honey colored crusting and oozing or spreading redness), if you experience an unusual discomfort or if any other complications develop – stop application and call us immediately.

I understand the fungus may not be completely destroyed, that the nail may become re-infected, or there may be other types of infection present. The nail may continue to be discolored or not attach to the nail bed. This treatment will not change the shape, width or other deformity of the nail plate. In clinical studies there have been no adverse reactions, injuries, disabilities or known side effects on skin or soft tissue. As with any procedure there is some risk of side effects that are unknown. I understand it might take up to 9-12 months for a clearer nail to grow back. With this in mind, I am choosing to try noninvasive laser treatment for nail fungus.

Body Beautiful Medical Laser Spa has seen excellent results on patients who have been consistent with their treatments and have followed their instructions. You have been treated with a highly specialized laser that has been deemed safe and effective by the FDA. It is important that you come back within 6-8 weeks for all of your scheduled treatments. Ask about our discounted treatments for severe cases.

## Skin Rejuvenation, Rosacea, Microderm, Lamprobe, Wrinkle or Hair Reduction

Safety is of Highest Priority; share correct, up-to date information and adhere to these guidelines.

Light can be used effectively to lighten, fade, remove or destroy targets located in the skin with minimum damage to the surrounding tissue. Discomfort is usually mild.

Visible signs of photo damage include wrinkling, enlarged pores, course skin texture, and pigment alterations. Fractional Treatment Sites include the Face, Area Surrounding Lip, Outer orbit area of the Eyes, Hands and most areas where stretch-marks or Scars exist.

Test Spots are recommended prior to full treatment and may need up to 48 hours to see efficacy.

## Pre-Treatment Instructions

Makeup, antiperspirant, other lotions & potions need thoroughly removed before area is treated -They will burn. Please shave areas of treatment for any laser sessions.

Avoid self-tanning/bronzers, sun exposure, tanning beds, hair chemical services, creams that dye skin for a minimum of 2 weeks prior, during and after course of treatment, and DO NOT WEAR MAKEUP to your appointment or thoroughly cleanse it off, it will burn.

After 1st session (especially hair removal), DO NOT USE any other hair removal methods or products on the treated area during the course of treatment, as it will prevent you from achieving your best results;

refrain from tweezing, plucking, bleaching, depilatories (Nair) or waxing for two weeks prior each treatment. Shave area 2-12 hours PRIOR to your appointment with a NEW razor or electric clippers.

Discontinue use of topical applications such as Retin-A, Accutane, Hydroquinone, retinol products and PHOTSENSITIZING medications and any other treatments that can increase photosensitivity (at least 7 days prior to your treatment). Clients using ANTICOAGULANTS should be noted.

If you have or had cold sores or genital herpes, start taking antiviral two days prior to treatment and three days following to decrease outbreak risk.

DO NOT have treatment over tattoos (may scar/fade) or fillers such as Juvederm.

DO NOT have this done if you are pregnant.

Follow up treatment should not be closer together than 4 weeks; unless careful consideration is made.

### Post-Treatment Instructions

Immediately after laser treatment you may have redness, bumps or feel slightly sunburned several hours or longer as the healing process is occurring. Immediately use cold compress (10 minutes on, 10 minutes off) multiple times in the first 24 hours will help minimize swelling.

Apply a gentle moisturizer immediately after treatment and extra applications for a few days, before resuming your normal skin routine. Most moisturizer without alpha-hydroxy acids will work. You may also use aloe gel to relieve redness during first 24 hours. Never use petroleum base "ointments" as they lock heat in. You may apply deodorant after 24 hours.

You may shower after the laser treatments and the treated area may be washed gently with mild cleanser (such as Cetephil, Aquinil, or Dove) in lukewarm water. Skin should be patted dry and NOT rubbed.

Avoid any trauma to the skin for at least 2-5 days, such as hot bathing (saunas), strenuous exercise, massage, harsh cleansers, irritants or chemicals such as Peels/Scrubs (exfoliators), Accutane, Retin-A, Benzoyl Peroxide or astringents on the treated area.

Remember -Redness may turn brown if exposed to sun! Please stay out of direct sunlight for 2 weeks and sun exposure to the treated area for 1 to 2 months following treatment. You must apply Sunblock daily to treated areas, especially facial areas with a broad spectrum minimum SPF 30 or higher for 2 months after treatment, reapply every 2-3 hours. Tanning after treatment sessions may enhance melanin regeneration, which may result in hyper-pigmentation or other side effects.

Do not apply old make-up (bacterial reasons), especially to cover any redness from treatment. No liquid makeup for two weeks, as this can soak into skin. Natural makeup is allowed as long as skin is not irritated, broken or blistered. Always make sure that you have moisturizer on, under your makeup.

If you experience itching in the area (common as the skin heals), apply over the counter topical 1% hydrocortisone cream and/or take an antihistamine (Claritin, Benadryl).

Try not to touch areas treated, as hands may not be sterile.

Very rarely, a small blister or scab may form. Leave it alone if left intact. Allow healing naturally, without irritation. Do not try to remove any scabbing. You may apply Aloe regularly to keep area moist. If skin peels, breaks or a blister opens, apply an over the counter topical Antibacterial cream to area (that you are not allergic to), discontinue if a rash appears.

Reduce scarring risk - you must not pick/scratch/scrub off skin after treatment. Scarring is very rare and it is important to follow all instructions carefully.

### Reduction of Spider Veins

Due to poor circulation; gravity is pulling blood down but having difficulty circulating back up your legs. Build-up of pressure causes a vessel to break into tiny vessels; visible at skins surface. If left untreated, they may grow into very large and painful varicose veins. There are a few things you can do during and after a laser treatment to heal faster and keep them away.

We advise you to follow the acronym - R.I.C.E + massage

[R]est leg after treatment [I]ce area treated with a cold [C]ompress area or wear compression garment. [E]levate legs (especially end of day) to ease pressure for the many hours laying flat during sleep.

Massage treated area to stimulate a healing response (Do Not do if skin is broken) as healing process occurs.

### Acknowledgments:

For optimal results, wearing Compression Garments or stockings for 48 hours and then during the day while on feet for up to two weeks.

Pinpoint bleeding is rare but can occur following spider vein treatment procedures. Should bleeding occur, additional treatment might be necessary.

We recommend you avoid air travel for 24 hours after your treatment. Care should be taken to prevent trauma to the treated area for the first four or five days following treatment.

If you have larger Varicose Veins that exhibit Swelling, Lower Leg Fatigue, Pain – Please call the Advanced Vein Center 724 987 3220

Body Beautiful Medical Laser Spa has seen excellent results on patients who have been consistent with their treatments and have followed their instructions. You have been treated with a highly specialized laser that has been deemed safe and effective by the FDA. It is important that you come back within 6-8 weeks for all of your scheduled treatments or a check-up progress.

If you have ANY questions about this or future treatments, Please call 724 987 3221

Thank you for your confidence in Body Beautiful Laser Medi-Spa.

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