



Client Pre & Post Care Instructions

Exfoliation Treatments: Dermaplane, DiamondGlow, Chemical Peels

Thank you for scheduling your 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.
- Clients who have used Accutane within the last 12 months CANNOT have exfoliating facial treatments.
- 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 Care Expectations & Instructions: Dermaplane & DiamondGlow

- Skin may be sensitive & tight following treatment.
- Light flaking after treatment can sometimes occur. Do NOT pick, scratch or scrub away flaking. Picking or scrubbing at the skin can lead to skin irritation and complications.
- We recommend not applying makeup the day of your treatment.
- 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 24 hours.
- Avoid facial waxing for 1 week after treatment.

Post Treatment Expectations & Instructions: Chemical Peels

- The skin may look and feel like a mild windburn with itching, stinging, redness, heat and/or tightness for the next number of days.
- Depending on the depth of peel you received you may experience anything from light flaking to peeling starting 2 days after treatment and may last for up to 7 days. Your Esthetician can give you a better time frame of this based on your specific treatment.
- We recommend not applying makeup the day of your treatment.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation and/or scarring.



- 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.
- Avoid facial waxing for 4 weeks 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.
- Healing and flaking can take up to 1-2 weeks to subside and DiamondGLOW or Dermaplane can help in the aid of exfoliation of the treated area. Ask your esthetician to determine if a DiamondGLOW or Dermaplane will be beneficial for you.