



LASER HAIR REMOVAL



## **LIPO-ERASE PRE- & POST-CARE INSTRUCTIONS**

*Please take this top sheet home with you for your records*

### **Avoid using the following two days prior to the procedure:**

Alcoholic beverages

Anti-inflammatory medications (Advil®, Motrin®, aspirin, Voltaren®, etc.) for one week.

Aspirin containing substances

Vitamin E

Ginkgo Biloba

St. John's Wart

### **The Day of the Treatment:**

Eat a light meal 1-2 hours prior to your appointment

Wear loose fitting clothes for comfort

### **Post Procedure:**

After your treatment you may have some redness, swelling, bruising, and itching. This will normally last less than seven days.

Cold compresses and ice packs may be used immediately after your treatment to help with any swelling and discomfort.

Avoid exercise and alcohol for the first 48 hours after your treatment

Avoid aspirin and non-steroidal anti-inflammatory medications for one week after your treatment. These agents may increase bruising and bleeding at the injection site.

Tylenol can be taken for pain

Contact Laser Perfect if you experience any fever, chills, excessive pain, redness, swelling, or tenderness.