

TITAN PRE & POST TREATMENT MEASURES

PRE TREATMENT MEASURES

1. The area being treated cannot be exposed (unprotected) to the sun including tanning beds. Even slight exposure (less than 20 minutes) can increase chances of superficial blistering. Use a broad spectrum (UVA/UVB) sunscreen of SPF 30 or greater whenever skin is exposed to the sun.
2. Decrease or eliminate high caffeine intake (coffee or coke), spicy foods, or excessive beta-carotene ingestion (carrots, vitamin A supplements, squash).
3. Darker skinned patients may use Hydroquinone (Ultraquin) for 6 weeks prior to treatment, and should continue to use it for the duration of the treatments, to decrease the incidence of hyperpigmentation (darkening of the skin) from the laser.

POST TREATMENT MEASURES

1. After each treatment your skin is going to appear slightly reddened and feel sun burnt. It may also appear to have what looks like goose bumps to the area. This will last for approximately 1-2 hours, in some instances up to 48 hours depending on skin sensitivity. If the area is irritated you may use aloe gel to treat at home and or benadryl which can be obtained over the counter.
2. Do not be aggressive when cleansing, gently pat dry and do not rub.
3. If swelling occurs you may ice the area at home every 1-2 hours or take a Tylenol (**no aspirin**) to bring down the inflammation.
4. Avoid any harsh or irritating topicals in the treatment area (alpha hydroxyl acids, acne creams, anti wrinkle creams etc).
5. Avoid internal and external heat sources, as this may stimulate melanocytes, leading to hyperpigmentation (hot baths, saunas, and whirlpool etc).
6. Although we encourage you to resume normal activities almost immediately, we do ask that you refrain from vigorous activities and exercise for 24-48 hours after treatment.
7. If you should happen to crust or blister, **DO NOT PICK!** You may use Polysporin or Bacitracin on the area.