

SOUTHWEST CONTEMPORARY WOMEN'S CARE, P.C.
Recommended Pre & Post Care for Titan Treatments
For best results please follow these instructions.

Before your treatment:

- Do not wear makeup on the day of treatment.
- Excess hair may need to be shaved. Men should be cleanly shaved.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, harsh chemicals, chemical peels, depilatories, etc.).
- Notify your laser technician of any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

After your treatment:

- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- Redness and swelling may occur and resolve with time.
- Avoid heat – intense sun, hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) for a few days after treatment.
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify SWCWC immediately of any concerns (blistering, excessive redness/swelling, etc.).
- Multiple treatments may be required.
- Collagen remodeling may take 3-6 months following treatment.
- Consult with your laser technician about when to resume your regular skin care regime.

You should not have laser treatment at this time if: you are pregnant, you are being treated for skin cancer, or you have an active herpes outbreak or cold sore near the treatment area.

You should advise your technician and discuss whether laser treatment is appropriate at this time if:

- You are taking photosensitizing medication (such as tetracycline, certain antibiotics, etc.)
- You are taking anticoagulant medication or supplements, because it may increase your risk of purpura or bruising
- You have a history of coagulopathies
- You have a history of keloids or hypertrophic scarring
- You have diabetes, because it may impede healing
- You have a history of herpes, because anti-viral medication is recommended
- You are using isotretinoin (Accutane or Roaccutane)
- You have a history of vitiligo.

• Additional instructions: _____

