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PRE-CARE &
POST CARE
FOR ALL
TREATMENTS

Laser Hair Removal

Pre-Care

- If this is your first visit to Sedo Laser, please arrive 15 minutes prior to your appointment to complete new client paperwork.
- Please come with treatment areas clean and freshly shaven (a day before is fine).
- No fresh sun or sunless tanning products on skin in treatment areas.
- No photosensitive medications for a minimum of 2 weeks prior to treatments (Accutane minimum of 6 months).
- No waxing, plucking, tweezing or threading for a minimum of 4 weeks prior to your first appointment and throughout your treatment series.
- You cannot receive laser hair removal if you are pregnant or nursing.

Post Care

- Immediately after your appointment there may be erythema (redness) and edema (swelling) at the treatment site. Itching can also occur. This usually subsides within a few hours, but it can last up to 2 weeks. This is especially common on lower legs.
- Aloe Vera or hydrocortisone may be used to relieve discomfort.
- If you are experiencing extreme side effects with no relief from Aloe Vera or hydrocortisone, contact our office for an additional product.
- No heat, such as saunas, steam rooms, extremely hot showers, or strenuous activities for 48 hours post treatment.
- Avoid sun exposure to prevent hypo or hyper-pigmentation and wear 30+ SPF on treated areas at all times during your laser hair removal series.
- Avoid picking or scratching the treated areas. Shaving is permitted.
- Up to 2 weeks post treatment, you may notice shedding of the treated hair. This is not new growth and will shed on its own.

Photofacial

Pre-Care

- No sun or sunless tanning products on skin in treatment area.
- No injectables for a minimum of 7 days prior to appointment.
- No photosensitive medications for a minimum of 2 weeks prior to treatment (Accutane minimum of 6 months).
- You cannot receive a Photofacial if you are pregnant or nursing.

Post Care

- Erythema (redness) and edema (swelling) are expected following Photofacials and will resolve over time.
- Skin may feel hot immediately after your treatment. Ice packs can alleviate discomfort.
- Avoid sun exposure for a minimum of 7 days post treatment. Use a 30+ SPF sunscreen consistently for at least 2 weeks.
- Wash area with a gentle cleanser and avoid scratchy exfoliants until completely healed. Your skin may feel dry and require a more penetrating moisturizer than usual. We recommend Obagi Hydrate or Epionce Barrier Cream.
- You may wear makeup immediately after procedure if skin tolerates it.
- Reds may look brighter before they fade. Browns may look darker and more obvious (similar to a coffee ground appearance). This is normal and expected. Over the next 7-14 days, the browns will naturally exfoliate off. To avoid hyper or hypo-pigmentation, DO NOT pick or scrub these areas.
- If treating the neck, chest or arms, healing time can take much longer.

HydraFacial

Pre-Care

- If possible, please arrive with a freshly cleansed face.
- No active acne, open lesions, cold sores, eczema, dermatitis, warts, skin cancer, infection, vascular lesions or sunburn in the treatment area.
- No Botox or fillers for a minimum of 1 week prior to treatment.
- You cannot receive a Hydrafacial if you are pregnant or nursing.

Post Care

- Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.
- You may experience tingling and stinging during the treatment. These sensations generally subside within 3 hours of treatment.

- The treated area is more susceptible to sunburn, sun damage and hyperpigmentation. Avoid direct sun exposure and use a minimum of 30 SPF sunscreen.
- Aggressive exfoliation, waxing and products containing acids or retinols should be avoided in the treatment area for a minimum of 2 weeks pre- and post-treatment.

Spider Vein

Pre-Care

- No fresh sun or sunless tanning products on treatment area.
- No photosensitive medications for a minimum of 2 weeks prior to treatment (Accutane minimum of 6 months).
- You cannot receive this treatment if you are pregnant or nursing.

Post Care

- Cold Compresses or chilled gel packs may be applied the day of procedure.
- Hydrocortisone can be used as needed to relieve any itching.
- Avoid strenuous activity for a minimum of 3 days post treatment.
- Avoid heat for 3 days (e.g., saunas, steam rooms, or extremely hot showers).
- Avoid sun exposure to avoid hypo- or hyper-pigmentation.
- Avoid scratching or picking the treated areas.
- The recommended time between treatments is 4-6 weeks or longer.

POSSIBLE REACTIONS

- Immediately after the treatment there may be erythema (redness) and edema (swelling) at the treatment site. This is normal and can last up to 2 weeks. The treatment area may feel tender initially but will subside.
- If a blister or crusting develops, treat as a wound.
- Results can appear to look worse before they get better.

SkinPen

Pre-Care

- Discontinue using any kind of exfoliant on treatment area for 24 hours prior to your appointment.
- No active acne, open lesions, cold sores, eczema, dermatitis, warts, skin cancer, infection, vascular lesions or sunburn in treatment area.
- No Botox for a minimum of 1 week prior to SkinPen and 2 weeks for fillers.
- Please apply provided numbing cream to freshly cleansed treatment area 20-30 minutes prior to your appointment time.
- You cannot receive a SkinPen if you are pregnant or nursing.

Post Care

- Avoid excessive sweating and exercise for 24 hours after your procedure.
- Avoid sun exposure for 24 hours and use a 30+ broad spectrum SPF after that.
- Keep treated area clean. Disinfect phones, sunglasses and anything else that may come in contact with the freshly treated area. Use a clean pillow case at night. Stay away from pets for 24 hours.
- You may feel red and tender initially following the procedure (this is normal).

PRODUCT AFTERCARE

- You may use a gentle cleanser at bedtime. Do not scrub; pat to dry.
- Apply Epionce Priming Oil and wait 3 minutes.
- Then apply a thin layer of the Epionce Enriched Firming Mask (this is a healing mask, do not remove. You can also store mask in refrigerator for an extra cooling effect).
- Gently cleanse in the morning and use the oil and mask as needed throughout the day.
- As healing permits (24-48 hours), you can wear makeup & sunscreen as usual.

- You may continue to use the oil & mask as needed until treatment area is completely healed.

Clearlift

Pre-Care

- If possible, please arrive with freshly cleansed skin.
- No fresh sun or sunless tanning products on skin in treated area.
- No photosensitive medications for a minimum of 2 weeks prior to treatment (Accutane minimum of 6 months).
- No injectables in treatment area for a minimum of 1 week prior to appointment.
- You cannot receive Clearlift if you are pregnant or nursing.

Post Care

- You may experience petechiae (red or purple spots due to bleeding under the skin). This is normal and can last up to 3 days
- You can gently cleanse face at bedtime. Do not scrub or exfoliate for 3 days
- Do not use any products that contain AHAs (such as glycols), tretinoin, or that are hydroquinone-based for a minimum of 3 days
- Use a 30+ SPF sunscreen and avoid excess sun exposure for a minimum of 7 days
- Makeup may be applied immediately, or as comfort level allows

Pixel

Pre-Care

- No fresh sun or sunless tanning products on skin in treated area.
- No injectables for 2 weeks prior to Pixel.
- Please apply provided numbing cream to freshly cleansed treatment area 20-30 minutes prior to your appointment time.
- You cannot receive a Pixel if you are pregnant or nursing.

Post Care

- Keep treated area clean. Disinfect phones, sunglasses, and anything else that may come in contact with the freshly treated area. Use a clean pillow case at night and stay away from pets for 24 hours.
- No heat, such as saunas, steam rooms, hot showers or strenuous sweat inducing activities for a minimum of 48 hours post procedure.
- Avoid sun exposure the first week and use a 30+ SPF sunscreen after that.
- You may notice excessive redness & swelling the morning after your procedure. This is normal and expected, especially around the eyes. Swelling can last up to 2 weeks, although the face generally heals faster than the neck & chest.
- On the morning following your procedure, gently cleanse the area with a clean washcloth. Do not scrub or rub. Apply Epionce Priming Oil and wait 3 minutes. Then apply the Epionce Enriched Firming Mask. This special healing mask may be stored in the refrigerator. Use the oil and mask as needed throughout the day to ease discomfort.
- On days 2 & 3, continue the pattern of cleansing followed by the oil & mask as needed.
- Day 4 and on, use Epionce Medical Barrier Cream in the morning and the mask at night.
- You may see a brownish screening pattern. This is normal and expected. Your skin may begin to peel and feel very dry. Do not pick, scratch or rub.
- On day 5, you may begin to wear makeup & sunscreen.

Tattoo Removal

Pre-Care

- No sun or sunless tanning products on skin in treatment area.
- No photosensitive medications for a minimum of 2 weeks prior to treatment (Accutane minimum of 6 months).
- If provided, please apply numbing cream to treatment area 20-30 minutes prior to your appointment time.
- You cannot receive laser tattoo removal if you are pregnant or nursing.

Post Care

- Immediately after a tattoo removal treatment, it is common to experience redness and swelling. Scabbing, blistering, light bleeding and itching may also occur.
- For the first 24 hours, apply Silver Sulfadine, Aquaphor, or Neosporin and keep tattoo covered with a sterile bandage.
- By day 2, continue to use ointments as needed but omit the bandage when possible so the area can begin to air out.
- No heat, such as saunas, steam rooms, hot showers or strenuous sweat inducing activities for a minimum of 48 hours post procedure.
- Avoid direct sun exposure, hot tubs, pool & salt water for a minimum of 2 weeks or until skin in treated area is completely healed.
- Keep the area clean and dry while healing. Clean with antibacterial soap if needed and pat to dry. Avoid high pressure water hitting the treated area.
- Do not pop blisters. If you do experience blistering, continue to apply one of the recommended ointments until the area is healed.
- You may or may not blister during subsequent treatments. The lack of blistering and or/bleeding does not mean that your treatment was less aggressive or that you will not still see results.
- You may take Tylenol to help with discomfort. Please avoid aspirins, ibuprofens and naproxen because they may increase the risk of bruising and/or bleeding.
- Shaving should be avoided in the treated area until it is completely healed (5-10 days).
- Apply sunscreen every day to the treated area after the tattoo has completely healed. Sun can permeate through clothing, so it is important to continue applying sunscreen to the tattoo even after area is completely healed.
- No active tan, self-tanner, bronzers or spray tan 4-6 weeks before and after treatment.

Dermaplane

Pre-Care

- If possible, please arrive with a freshly cleansed face.
- No active acne, open lesions, cold sores, eczema, dermatitis, warts, skin cancer, infection, vascular lesions or sunburn in treatment area.
- No oral blood thinner or uncontrolled diabetes.

- You cannot receive Dermaplane if you are pregnant.

Post Care

- Avoid wearing makeup for 24 hours
- Use alcohol to sanitize anything touching your face, including phones & sunglasses
- Gently cleanse at bedtime and use a clean washcloth & pillow case
- Use a 30+ SPF sunscreen and avoid excess sun exposure for a minimum of 3 days
- Avoid extreme heat and sweating for 3 days
- Avoid facial waxing for 7 days
- Do not pick, scratch or rub the treated areas
- No retinols for a minimum of 3 days