Name	Date
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## Palomar Icon

## Pre-treatment questionnaire and post treatment care

Prior to treatment patient should disclose any pertinent medical information including but not limited to any medical conditions, medications, herbal supplements and any skin care products or treatments currently being used.

Cautionary or exclusionary criteria may include but is not limited to:

(please circle yes or no to the following)

•	Medication allergies or allergies to latex	Υ	Ν
•	Medications including Herbal supplements	Υ	N
•	Use of Tretinoin, Retinoids or exfoliating products	Υ	Ν
•	Use of Botulinums (e.g. Botox or Dysport)	Υ	Ν
•	Use of Dermal Fillers or implants	Υ	Ν
•	Diabetes	Υ	Ν
•	Herpes virus within treatment area	Υ	Ν
•	Any medical conditions affecting skin or collagen production		

## Pre and Post Treatment instructions:

- Areas to be treated should be free of skin products (e.g. Moisturizers and makeup)
- Patients should discontinue Accutane 6 months prior to any light pulse treatments, Discontinue use of blood thinners 2 weeks prior under advisement of prescribing physician,
- Patients utilizing skin treatments, exfoliants, injectables should discontinue use 2 weeks prior
  to pulsed light treatment (there has been no evaluation of the effect of concurrent use of light
  treatment and dermal fillers, implants, or neurotoxins)
- Patients with history of fever blisters or cold sores should have pre-treatment prophylaxis
- Patients should discontinue tanning 4 weeks prior to, during, and 4-6 weeks after treatment.
   Patients should wear protective clothing and should also use a sunscreen SPF-45 or greater
- Mild sunburn-like redness or slight swelling is a usual result, you may apply cold compresses
  every 10-15 min for a few hours post treatment. It is also acceptable to take and over the
  counter anti-inflammatory agent or analgesic (e.g. Motrin or Tylenol)
- Darkened areas of pigmentation will darken further post treatment and is a normal response to pulsed light treatment. These areas will clear over several days to weeks as skin exfoliates.
- Gently washing area with soft cloth and mild cleanser is all that is needed to exfoliate the area
- Post treatment patients may experience itching; use Crisco or Aquaphor to help hydrate skin.
   DO NOT scratch or peel skin in treated areas. This can cause scarring.
- After exfoliation, the skin will be pink and may be somewhat sensitive
- Until redness is resolved avoid applying cosmetics, swimming, hot tubs, jacuzzis or saunas, activities that will increase core temperature or excessive persperation

Please schedule a follow up appointment 2-3 weeks after your treatment so we can re-evaluate your skin in terms of result and continuation of therapies.