



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR FOTONA: LIPLASE

WHAT IS FOTONA: LIPLASE?

LipLase is a non-invasive laser (Erbium YAG and/or ND: YAG) treatment used to stimulate both collagen remodeling and new collagen synthesis thereby creating fuller looking lips and a more defined vermilion border (the demarcation between the lip and the adjacent skin). LipLase is most commonly performed as a series for optimal results.

HOW TO PREPARE FOR TREATMENT

- **2 WEEKS PRIOR TO TREATMENT:** Avoid sun-exposure including tanning beds. We are unable to treat you with a tan or sunburn.
- **2 DAYS PRIOR TO TREATMENT:**
 - **Ensure you are well-hydrated to maximize treatment results.**
 - Avoid medicated and or active products for 2 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapsone, acne products, or precancer treatments as directed by your provider.
- **DAY OF TREATMENT:** If possible, please come to your appointment without makeup. We also provide cleanser during the prep time of your service.
- If hair is present in the area being treated (beards, etc.), please come to your appointment fully shaved. We will not be able to treat if hair is present.

PLEASE LET YOUR PROVIDER KNOW:

- If you have a history of cold sores or herpes simplex as treatment may provoke an outbreak and we can pretreat with an oral RX at the time of appointment.
- If you have ever used or are currently using Accutane (Isotretinoin).
- If you have a history of reaction to numbing cream.
- If you have any permanent makeup (ex: lip tattooing).

WHAT TO EXPECT DURING TREATMENT?

- Unless otherwise indicated by your provider, we anticipate you will be in the office for ~ 1.5 hours.
- Your appointment will include a period of numbing time. You may want to bring entertainment or work materials. Our office has free wireless internet available.

WHAT TO EXPECT POST TREATMENT

- Inflammation, dryness and tightness should be expected immediately after the treatment, lasting approximately 24 hours.
- Mild swelling can be expected for 1-2 days post treatment.
- Superficial peeling on the border of the vermilion can occur, lasting 2-3 days. An absence of peeling does not indicate unresponsiveness to the treatment.



HOW TO CARE FOR SKIN AFTER TREATMENT

- Wait 24 hours to apply makeup and avoid pigmented lipsticks for 3 days after treatment.
- Avoid vinegar, citrus and spicy foods for 3 days after treatment. If you develop a mouth blister, please contact us.
- You may wash your face as normal the evening after the treatment.
- Each morning and evening or as needed, apply SkinFix or Aquaphor to minimize the extent of the peeling.
- Sun protection including SPF 30+, and a hat when in direct sun are recommended for at least 7 days after treatment. To maintain your results, smart sun protective measures should continue indefinitely.
- You may resume application of your medicated and or active products as soon as skin feels normal to the touch, typically 2-3 days after treatment.

RESULTS

Complete results take place gradually, over a time period of 2-3 months with continued improvement for up to six months. Most patients will find that a series of treatments will yield the most transformative results.

Your provider will work with you to design your optimal treatment plan as well as assess results in the months following your service(s).

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.