



Diolaze XL Pre-Appointment Instructions

To help minimize any side effects:

For optimal results, and to minimize adverse reactions with the laser:

- To keep skin healthy as well as eliminate bacteria, we recommend clean (showered), shaven skin.
- Avoid tanning beds and sunless tanning products to prevent adverse reactions.
- Avoid sun exposure greater than 30 minutes before the appointment, even if wearing sunscreen.
- Treatment area must be clean-shaven 12-24 hours prior to treatment.
- Skin must be clean and free of makeup, lotions, oils, deodorant, sunless tanning products, numbing cream, etc. Products on the skin can increase the likelihood of adverse reactions from the laser.
- Do not use any of the following products on the treated area 3 days before or 3 days after treatment: harsh exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).
- Avoid physical activities that increase body temperature for at least 2 hours before treatments.
- Skin that is sunburned, hot to the touch, peeling or is otherwise damaged cannot be treated.
- Try to limit sun exposure/tanned skin if receiving treatments over Summer months.

Diolaze XL Post-Appointment Instructions

- Mild redness and swelling of the hair follicles may occur. This is normal and should lessen with time. Avoid picking or scratching the skin. Cool cloths may be applied.
- Avoid sun exposure, and other sources of UV light for 7 days post treatment. Careful sun exposure of no more than 30 minutes may be resumed from days 7-14 post treatment with daily use of zinc oxide sunscreen (SPF 30+). Avoid tanning beds for 14 days post treatment.
- Apply a zinc oxide sunscreen (SPF 30+) and use daily throughout treatments.
- To reduce heat retention, avoid tight clothing, boots, heated seats, etc. The body needs time to cool down after treatments to avoid complications.
- Avoid activities that increase body temperature for at least 2 hours after treatment, or longer if redness and bumps persists.
- If redness, swelling or itching continues, an over-the-counter cortisone cream and/or an oral antihistamine (Benadryl) may be used in addition to cool cloths. Do not apply ice directly to the treated areas.
- Do not wax, tweeze, color, use depilatory creams or have electrolysis on the treatment area for at least 4 weeks before and throughout the entire course of your treatments. You may resume your normal shaving routine after your treatments.