

Sun exposure and laser, energy based, and skin rejuvenation treatments.

Before treatment:

Avoid sun for 4-6 weeks before treatment.

Tan skin cannot be treated with laser, energy-based devices, or skin rejuvenation treatments as you risk burning the skin or inducing more pigmentation. Therefore, please take special care to avoid the sun and tanning beds for 4-6 weeks prior to the following treatments:

- VBeam Perfecta
- CO₂RE (fractional CO₂ laser)
- Lasemd Ultra (fractional laser)
- Intense Pulsed Light (IPL)
- Genius RF (radiofrequency microneedling)
- Ematrix/Sublative (fractional radiofrequency)
- Skinpen (microneedling)
- ZO 3-Step Peel

After treatment

After any of the above treatments, please avoid excessive heat for 3 days including any activities that heat up your skin including hot tubs/jacuzzi/sauna or strenuous exercise.

Proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVA) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes prior to going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.

Avoid direct sun exposure while you are healing for at least 4-6 weeks.