

CYNOSURE® LUTRONIC®

Hollywood Spectra Laser Patient Pre-Treatment Care Instructions

- Avoid exposure to the sun and tanning (including tanning bed and self-tanners) for at least 2-4 weeks prior to treatment.
- Use a broad-spectrum SPF 30+ daily on areas to be treated.
- Discontinue use of retinoids (Retin-A, tretinoin), glycolic/salicylic acids, and other exfoliants at least 5-7 days before treatment.
- If treating melasma or pigment, a topical lightening agent (e.g., hydroquinone) may be prescribed 2–4 weeks before treatment.
- Avoid chemical peels, microdermabrasion, or waxing in the treatment area for 1-2 weeks before the session.
- Inform your provider of any photosensitizing medications (doxycycline, minocycline, etc.) or blood thinners.
- Antiviral medication may be prescribed if you have a history of cold sores.
- For hair-bearing areas, it is recommended to shave the treatment site 1 to 3 days before your appointment.
- No makeup, lotions, deodorant or oil is allowed on the area to be treated the day of treatment.