



203.533.4560  
1010 Village Walk  
Guilford, CT 06437  
[www.yolo.ws](http://www.yolo.ws)

## Broad Band Light Treatment/Photo-facial/Photo Rejuvenation-

Rosacea, age spots, enlarged pores, freckles and sun spots, and acne all respond well to Photo rejuvenation

### **Pre and Post Instructions:**

If you are dark-skinned, darkly tanned or do not react well to burns you are not a candidate for BBL.

### **Pre Treatment Instructions**

Discontinue sun bathing for 2 weeks prior to treatment and the use of "self-tanning" creams.

1. You should discontinue the use of any blood thinners such as Coumadin®, Heparin®, aspirin or other types of anti-platelet or anti-coagulant herbal remedies including and not limited to...Garlic, Ginger, Cayenne, and Papaya Supplements which all have anti-platelet properties and may inhibit vital clot formation. Gingko, Gingko biloba, & Selenium are powerful anti-coagulants and should be avoided.
2. You are not a candidate if you have a blood clot-forming disorder (i.e. excessive bleeding).
3. Although a Broad Band Pulsed Light Treatment does not emit radiation of any kind, we do not treat pregnant women as a safety precaution.
4. We do not treat patients with diabetes as a precaution.

### **Post Treatment Instructions**

Since there is no real downtime you may resume your normal activities after a BBL Treatment. A mild to moderate sunburn-like sensation is anticipated. This usually resolves within 24 hours after treatment, followed by 1-2 days of "tightness".

You **MUST** avoid sun exposure. As soon as the redness subsides, use a broad-spectrum sun block with SPF 30 on treated area. A sun block containing titanium dioxide is best to prevent further hyper pigmentation. Otherwise the treated are may develop a brown discoloration. You may be slightly pink or red directly after your treatment as well as have mild swelling. This should subside in a few days.

1. Dark pigmented lesions will be darker and will take 1-2 weeks to shed.
2. Cleanse the treatment area as normal
3. We do not treat women who are pregnant as a safety precaution.
4. We go not treat diabetics because of an increased risk of infection.



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5. Occasionally a blister may form, if an area is open as a result of a blister, apply bacitracin with a clean Q tip.

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### **Laser Hair Removal**

Minimum of 5 treatments are necessary. Treatments are spaced at 4-8 week intervals, depending on the area being treated and the rate of hair growth. Final results may not be apparent for several months post treatment. *Laser Hair removal does not work on white/grey/or very blonde hair.*

**Hair must be ¼ inch long to be treated, please trim hair appropriately prior to your appointment.**

Hair has three phases of growth: active growth phase, an intermediate non growth phase, and a resting phase with no hair follicle present. Duration of hair growth cycles vary with the location of the body. The laser can only eliminate the hair that is actively growing, which is why multiple treatments are necessary. Hair that has been treated will fall out (shed) in 14-21 days.

*Do not wax, bleach, tweeze, use depilatories or have electrolysis done in between laser treatments. You may shave or trim hair.*

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### **Laser Vein Treatment**

Vessels may disappear, darken, lighten, or appear unchanged but fade with time usually by 10-14 days. Depending on the severity of the condition multiple treatments may be required. Weight gain and pregnancy can accelerate reappearance of veins.

1. Ointment or a moisturizer should be applied to the area to prevent drying and crusting. If crusting develops it should be allowed to fall off naturally (do not pick).
2. Do not shave the treated area for 1 to 3 days following treatment.
3. Avoid activities that may dilate your vessels, such as aerobic exercise, use of a hot tub or sauna for 48 hours following your treatment.
4. Caution should be used when applying or removing makeup. The treatment area is delicate. Rough removal of makeup can increase the incidence of post treatment complications.
5. Avoid sun exposure to treated area.

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### **SkinTyte**

A series of 6 treatments is necessary. Treatments are performed every 3-4 weeks. Not everyone will respond to Skin Tyte. Full results may not be seen for 6 months. A maintenance treatment of 1-2/year is necessary to maintain results.

1. Avoid direct sun exposure and always use a sun block SPF 30 or greater.

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### **Micro Laser Peel**

An individual's response to a MicroLaser Peel will vary. Recovery time will be 1-4 days depending on the depth of the peel. You will notice erythema (redness), edema (swelling), and a sunburn sensation in your treatment area for up to 24 hours after treatment. For deeper peels you may choose to sleep sitting upright, the first night after the procedure, to diminish the swelling. You may want to place a towel or old pillowcase on your pillow to protect it. Your skin will begin to peel and flake 24-48 hours after the treatment and may continue to peel for up to 7 days. You may notice that your skin appears un-even for up to 3 weeks post treatment, this is normal and will diminish.

### **Before Treatment**

You should discontinue the use of any blood thinners such as Coumadin®, Heparin®, aspirin or other types of anti-platelet or anti-coagulant herbal remedies including and not limited to...Garlic, Ginger, Cayenne, and Papaya Supplements which all have anti-platelet properties and may inhibit vital clot formation.

Gingko, Gingko biloba, & Selenium are powerful anti-coagulants and should be avoided.

You are not a candidate if you have a blood clot-forming disorder (i.e. excessive bleeding).

- ✓ Stop taking Accutane 6-12 months prior to treatment.
- ✓ Discontinue Retin A, Glycolic, or any chemical or mechanical irritants, such as microdermabrasion and abrasive scrubs for 2 weeks pre/post treatment.
- ✓ Avoid sun exposure for 3 weeks before treatment.
- ✓ Discontinue bleaching creams, depilatories and waxing 2 weeks prior to treatment.
- ✓ Be sure to notify us if you are prone to cold sores.
- ✓ Arrive with clean skin, no lotion or makeup. Drink plenty of water before and after your treatment. Ibuprofen taken prior to your procedure may be helpful with discomfort.
- ✓ If you have a tendency to hyperpigment, let us know so we can discuss starting you on a pigmentation regimen pre/post treatment.

### **Part 2. MLP**



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### **After Treatment**

DO NOT USE ANY PRODUCT OTHER THAN THE SUGGESTED PRODUCTS ON YOUR SKIN FOR 7 DAYS POST TREATMENT.

For the first 24 hours following the treatment, your skin MUST be kept moist, do not allow the area to become dry. We have many products available or your may try Aquaphor. Apply ointment at least four times a day for the first 2-3 days. A light moisturizer is usually sufficient thereafter, but will tingle the first time it is applied. On day 2 you will look your worst, the swelling and discoloration is at its peak. Your skin will have a caramelized look to it, this is normal. DO NOT BE ALARMED, you will look great sooner than you think.

- ✓ Apply cool compresses for 24-48 hours. Avoid salt and alcohol for the first 24 hours to prevent furthering of edema.
- ✓ Wash your face with cool water soaks and a gentle cleanser such as Cetaphil for the next three days. Remove loose crusts by gently rolling them off with a Q-tip. DO NOT PICK YOUR FACE.
- ✓ Avoid sun exposure. If you must be in the sun be sure to wear a hat. You will be unable to apply sun block until day 4 or later. Thereafter apply SPF 30 or greater whenever you are outside. A sun block containing titanium dioxide is best.
- ✓ As your skin continues to heal it will be drier than normal, continue to apply moisturizer and drink plenty of water. After week 1 this is a great time to go for a Hydrating facial.
- ✓ Clients should not take any blood thinners, (Coumadin, Aspirin, and Vitamin E) for two weeks after treatment. Recommended time interval between treatments is a minimum of 4 weeks.

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