



Lip Define Pre & Post Information

At Fresh Laser Skin Studio, we want to ensure to give you the best experience and most effective treatment possible. In order to receive the best results, please be aware of the following points prior to your treatment and contact us if you have any questions.

Please note: All information and photographs are securely stored to ensure client confidentiality.

Failure to comply with the following pre and post-care may increase the probability of complications.

Lip Define is a laser skin rejuvenation treatment that is a customized blend of advanced fractionated picosecond technology and micro-ablative fractionated CO₂ resurfacing technology, specifically designed to naturally revitalize the lip area.

Pre Treatment

- Inform Fresh Laser Skin Studio if there are any changes in your initial medical/medication history to enable accurate updates of your secure and confidential file
- Avoid unprotected sun exposure prior to your appointments and after your treatments.
- Neurotoxins(Botox, Dysport or similar) or fillers should be administered post-treatment or a minimum of 2 weeks prior to your treatment for neurotoxins and 4 weeks prior for fillers.
- Confirm that you are not currently on any photosensitizing medications. Accutane must be discontinued for a minimum of 6 months prior to any laser treatments. Other photosensitive medications, including antibiotics, will need to be avoided before and during the duration of laser treatments. Your technician will advise you of the necessary precautions if this is applicable.
- Discontinue the use of any retinoic acid (Vitamin A), retinol or other highly active products for a minimum of 3 to 5 days prior to your treatment.
- Heat from the laser treatment may trigger cold sores. If you are prone to cold sores(herpes) and fever blisters in the treatment area, you will need to obtain an anti-viral prescription form your doctor and the medication 2-4 days prior to the treatment.
- This is a cosmetic procedure and treatments will not be performed if the skin, in the area is compromised, such as: active cold sores, fever blisters, perioral dermatitis or any other irritation in the area to be treated.
- Purchase mineral SPF for lips and mineral makeup for camouflage (if needed), a mineral SPF 35 Lip Shine is included with a package purchase.
- Recommended post care product samples will be supplied after initial treatment: Vivier CE Peptides & VStat
- Read the post care instructions and ask questions if you have any concerns.

Post Treatment

- Treatment area may feel hot and tight, similar to a sunburn, for a few hours immediately after your treatment and sun exposure should be avoided.
- Redness and swelling may take 24-72 hours to resolve.
- Only apply CE Peptides and VStat for the first 12 hours after treatment and sunscreen may be applied after 12 hours. Use sunscreen daily with re-application as needed.
- For a minimum of 24-48 hours, do not use hot water, washcloths or scrubs, as they may irritate the skin. Only products recommended may be used for a minimum of 12 hours after treatment.
- After 12 hours gently cleanse the skin with hands only and pat dry. Avoid any scrubs or any products with active ingredients such as Retin A, Retinol, Glycolic and Salicylic acid, for a minimum of 5 days. Please ask about your products if you are unsure.
- Your skin may feel itchy and tingly during the first week and peeling may be evident.
- Small grid marks (tiny dots) may be visible on your skin from the CO₂ laser and will gradually

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disappear. Petechiae (tiny red dots) may be present in treated area for 3-5 days.

- Touch treatment area as little as possible and DO NOT PICK! Picking may cause permanent scarring. The old skin will gradually exfoliate, do not scrub.
- Avoid strenuous exercise, hot tubs and saunas, or anything else that could cause excess heat or perspiration to the treated area for the first 24 hours following treatment.
- Do not use any products with active ingredients such as Retin A, Retinol, Glycolic and Salicylic acid, for a minimum of 5 days. Please ask about your products if you are unsure.
- Apply daily, a broad-spectrum (UVA/UVB) mineral sunscreen of SPF 30 or higher sunscreen.
- Always avoid direct and/or unprotected sun exposure, including tanning beds to reduce the possibility of any pigment changes.
- Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) with any questions or concerns you may have after your treatment.

Potential and common side effects that may occur with the Lip Define treatment:

- DISCOMFORT may be minimal to moderate. Some areas are more sensitive than others. Topical anesthetic will be applied to the treatment area, which will help minimize discomfort.
- INFLAMMATION which may include irritation, itching, pain and bruising that typically subsides/fades in 2-3 days
- ERYTHEMA (redness) and mild to moderate "sunburn" like effects may last for a few hours to 2-5 days
- EDEMA (swelling) of the skin around the treatment site may last 1-3 days, but can be reduced with regular application of a cold gel pack 12 hours after the treatment.
- PUSTULES or PIMPLES may develop in the first few days following treatment and gradually subside
- TEXTURE CHANGES - Transient texture changes often occur, but usually resolve with time
- BLISTERING, SCABBING or CRUSTING may occur and usually take 4-10 days to heal.
- PETECHIAE may be present after treatment and may last 3 - 5 days.
- FRECKLES/PIGMENT – Existing freckles/pigment in the treated area may temporarily or permanently disappear

Complications and adverse reactions that may occur with the Lip Define treatment:

- HISTAMINE/HIVES - Some people may develop raised papules similar to hives, this usually subsides within a few hours. On rare occasions antihistamines will need to be taken orally for a few days until reaction subsides.
- INFECTION – Infection is a rare occurrence, but is possible if picking occurs or area is not kept clean.
- HYPOPIGMENTATION/HYPERPIGMENTATION: (changes in skin colour) - May develop temporarily after laser treatment. Hyperpigmentation can be worsened with sun exposure. Pigmentary issues typically resolve with time, but on a rare occasion may take up to 9-12 months to resolve or be permanent.
- SCARRING – Scarring is a rare occurrence but is a possibility if the skin is disrupted by picking or other. To minimize chances of scarring, it is IMPORTANT that you follow all post-treatment information available on our website.
- ALLERGIC REACTION – There is an unlikely, but potential risk of allergic reaction to any gel, lotion or numbing anesthetic that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching and formation of a rash.
- SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING – May increase risk of side effects and adverse reactions.
- EYE EXPOSURE – Metal shields will be mandatory during treatment. Failure to wear eye protection during the entire treatment may cause severe and permanent eye damage

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Your consent form will contain the above listed potential and common sides affects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 24 hrs. notice is required for appointment cancellation or rescheduling; or I will be responsible for a cancellation fee of \$50.
- I confirm that I have not used Retin A or Retinol topically in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine (brand names include "Accutane"/ "Roaccutane"/ "Oratane"/ "Nimegen", mainly used for acne treatment) in the past 6 months.
- I confirm that I am not pregnant. If I should become pregnant during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my laser treatments until after my pregnancy.
- I am aware my results may vary with each individual treatment, that multiple treatments may be required for satisfactory results and maintenance treatments may be advisable. There is no guarantee that the expected or anticipated results will be achieved despite your technician's best efforts and there are no refunds for services rendered.
- I understand and acknowledge all the possible risks/complications involved with skin rejuvenation laser treatments, such as Lip Define. I consent to receive laser skin rejuvenation treatments performed by Fresh Laser Skin Studio and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding laser skin rejuvenation treatments.
- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.
- This signed consent will be for all laser skin rejuvenation treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) if you have any further questions.

We look forward to providing you with the best results possible!

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Thank you.