

# BEFORE YOU BOOK K-LASER

To get the best results and avoid unnecessary rescheduling, its important to consider the following:

- Avoid booking within 2–4 weeks of holidays, events, or planned sun exposure
- No recent sunburn or tanning. Avoid unprotected sun exposure for at least 4 weeks prior

## **Skin checks:**

All lesions must be assessed before treatment.

- Full skin check: \$110 (Medicare rebate \$43.90)
- Body map: \$220 (Medicare rebate \$43.90)
- Spot check on the day: \$50 (rebate \$43.90)

## **Pain management:**

- Some treatments can be uncomfortable, particularly for sensitive areas or certain lesion types
- For treatments such as fractionated laser, pigmentation, vascular treatments, or flatter raised lesions, we recommend applying **NUMIT or EMLA** (topical anaesthetic), available over the counter from your local chemist
- For larger, raised lesions such as seborrhoeic keratoses or moles, local anaesthetic (injection) can be arranged (*additional \$50*)
- We're always happy to guide you on what's best for your treatment

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# PRE-TREATMENT CHECKLIST

Please ensure the following before your appointment:

- Avoid sun exposure for 4 weeks prior
- No fake tan (including gradual tan) for 4 weeks
- Avoid waxing, peels, needling, or injectables for 1–2 weeks
- No makeup on the day (where possible)
- Notify us of any new medications or health changes
- If prone to cold sores, consider taking antiviral medication. Available over the counter from your local chemist

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# WHAT TO EXPECT AFTER

## **Immediately after:**

- A warm, sunburn-like sensation is normal
- Redness and mild swelling may occur
- Bruising is possible after local anesthetic injection where required

## **Pigment treatments:**

- Spots will darken within 24–48 hours and slough off in 2-4 weeks
- May form light crusting and flake off over 1–3 weeks

## **Raised lesions (like skin tags, Seborrhoeic Keratoses, moles etc):**

- Will form a crust and naturally fall off within 2–4 weeks
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## AFTERCARE

- Do not pick, scrub, or exfoliate the area
- Use **TR Pro+** as directed for approximately 1 week (*available from clinic, \$40*)
- Use gentle skincare such as QV, Cetaphil, sorbolene, Vitamin E, or similar, until healed
- Avoid active ingredients (retinoids, exfoliants) for 1 week
- Avoid heat (saunas, hot showers, exercise) for 48 hours
- Avoid pools and ocean for 48 hours
- Avoid hot, sweaty, or dirty environments where possible during early healing
- Be mindful of friction from clothing or movement, particularly in areas like underarms or waistbands, as this can delay healing. Dressings or padding may be helpful if needed
- Strict sun protection is essential:
  - SPF 50+ daily (*our recommendation is Sunseal, available from clinic, \$40*)
  - No tanning or fake tan during the treatment or healing periods