LightStim Red Light LED Bed Pre-Post Treatment Instructions

Welcome to the Med Spa at Vision Dermatology. Thank you for choosing our centre and trust us with your restorative care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course optimized for your individual priorities and health.

**Pre-Treatment Instructions:**

* Please reveal any medical conditions that may be of significance to the procedure—such as pregnancy, cold sore and fever blister tendencies, any type of allergy, and all current medications (including both prescriptions and over-the-counter products) such as Accutane, tetracycline, hormone replacement therapy, or use of Retin-A.
* Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.
* Do not use self-tanning lotions prior to your treatment.
* Do not use any irritating skin care products such as Retin-A (tretinoin) or any face cream supplement that contains Glyquin for one week prior to treatment.
* Hydrate well. It is important that you drink several glasses of water in the 24 hours prior to your treatment .
* The lightstim LED bed cannot be used if you are pregnant or nursing.
* You may bring personal skin care products for application during the lightstim session. You may not use products containing retin-A. Dr Spector and the Chrysalis Med Centre staff are happy to make suggestions of their favorite skin care products that can best support your individual goals and targets.
* You are welcome to bring personal headphones. Alternatively you may pair via bluetooth to our Alexa or to your own phone during your treatments. Playlists, podcasts, and audiobooks (pre-downloaded) can all enhance your experience.
* Bathroom visits prior to the start of the session help to guarantee a positive experience.
* We use a high grade disinfectant on the LED after each patient. You are welcome to clean this surface yourself but you must avoid spraying any of the electronic control panels.
* Additional towels are in the room for your use. You may desire to use one to adjust for comfort. Please know that there should be no material (clothing or towel) between your skin and the LED bed to allow for full LED potential to be actualized but that we understand some pillowing may be necessary for certain patients.

**Post-Treatment Instructions:**

* Stand up slowly from the LED bed at the end of your treatment. The release of nitrous oxide secondary to the LED therapy may lower blood pressure as may dehydration. It is possible to experience dizziness; please return to a lying position on the bed and call for help if you need assistance.
* A hamper is available for used towels. You may also simply place used towels on the bed.
* We will disinfect the bed and your protective eye goggles after your session.
* Hydrate immediately after your session. A Med Spa staff member is happy to assist you in obtaining a beverage,
* You may have mild redness immediately after your treatment. This should subside on its own within 24 hours.
* Makeup can be applied immediately after treatment.
* How will you feel after your treatment? Most individuals report a calm energy unlike anything they’ve experienced before. Also most agree that there is a “conservative euphoria” that goes along with doing Bed sessions. A feeling like “today is going to be a good day” or “I feel like things are going to go well today”. This is probably most attributed to having every cell in your body have a full tank of ATP.
* LED Light Therapy is a non-invasive and natural treatment with over 200 medical and university studies showing no negative side effects. These studies show that LED Light Therapy may help to:

# Increase the cell’s production of the body’s fuel source, ATP (Adenosine Triphosphate)

* + **Increase production of NO (Nitric Oxide)**

# Accelerate wound healing, reduce bruising. redness and swelling

* + **Protect against cardiovascular disease, heart attacks and strokes**

# Prevent damage to cells caused by free radicals

* + **Decrease exercise induced muscle fatigue**

# Improve post-exercise recovery and promote muscle regeneration

* + **Release endorphins to inhibit pain**

# Protect skin from UV damage

***We are excited to hear about your unique experience with red light therapy. Emails (medspa@visiondermatology.com), texts and calls (919-439-1901) which enlighten us on your individual impression is extremely valuable and is considered***

***a gift. Additionally, any questions or concerns are welcome at any time.***