

Laser Genesis: Pre & Post Care Guide

About the Treatment

Laser Genesis uses gentle, non-invasive laser energy to stimulate collagen, improve skin texture, reduce fine lines, and minimize redness. Treatments are safe for all skin types, comfortable, and require no downtime, so you can resume normal activities right away. It's ideal for smoothing fine lines, minimizing large pores, reducing mild redness, and promoting a healthy radiant glow. Skin texture, tone, and firmness improve gradually, with best results after 4–6 sessions.

Before Your Treatment

- Avoid direct sun exposure & tanning, spray tans and any other self-tanners on the area being treated for at least 2-4 weeks.
- Discontinue active skincare like retinoids, glycolic or salicylic acids, and other exfoliants 3–5 days before treatment to keep your skin calm and ready.
- Avoid skincare products (lotions, oils, makeup) on the day of treatment.
- Shave the treatment area 24 hours before your appointment.
- Discuss allergies and medications: let your provider know if you're on antibiotics, Accutane, or other photosensitizing drugs. If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.

What to Expect During Treatment

- The laser feels like a gentle warmth on the skin.
- Treatments are comfortable, relaxing, and require no downtime.
- Sessions usually last 20–30 minutes, depending on the area treated.

After Your Treatment

- Mild redness or warmth may occur but typically resolves within a few hours.
- Avoid direct sun exposure for 2 weeks after treatment. Use SPF 30+ daily.
- Avoid active skincare products like retinoids or chemical peels for 24–48 hours. Gentle cleansing and moisturizing are recommended, and makeup can be applied after your treatment.
- No downtime. Normal activities can be resumed immediately.