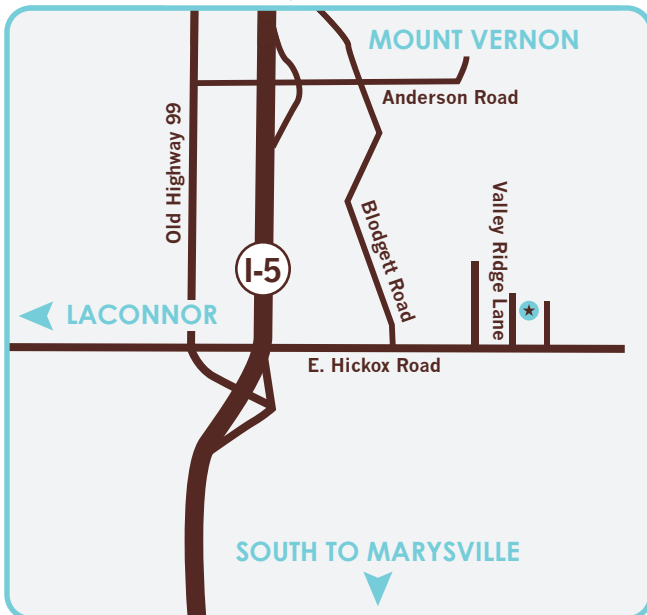


# LITTLE MOUNTAIN LASER

Little Mountain Laser LLC  
17879 Valley Ridge Lane  
Mount Vernon, WA 98274

360.848.7946

[www.LittleMountainLaser.com](http://www.LittleMountainLaser.com)



**Please arrive on-time,  
it is not necessary to arrive early.**

## Directions from the North:

Take I-5 south to Mount Vernon. Exit on Anderson Road. Turn Left at the end of ramp. Turn Right onto Cedardale. Pass the business plazas. Turn Left onto E. Hickox Road. Go approx. 1 mile. You will pass the fire station (on the right) and Sahale road (on left). After you pass Sahale, you will pass 5 driveways on the left. Valley Ridge Lane is immediately past the 5th driveway. Turn left onto Valley Ridge Lane. The entrance is on the right, half way up the hill, behind the white house with blue trim.

## Directions from the South:

Take I-5 North towards Mount Vernon. Exit at Old Hwy 99 (#224). Turn Right at end of ramp. Turn Left onto Cedardale. Take first Right onto E. Hickox Rd. Go approx. 1 mile. You will pass the fire station (on the right) and Sahale road (on left). After you pass Sahale, you will pass 5 driveways on the left. Valley Ridge Lane is immediately past the 5th driveway. Turn left onto Valley Ridge Lane. The entrance is on the right, half way up the hill, behind the white house with blue trim.

## Pre-Laser Instructions:

- Closely shave the treatment area as near to your appointment time as possible.
- Stop the use of creams with skin-shedding properties for 5 days (Retin-A, Renova, glycolic acid, alpha hydroxy acids).
- You must avoid bleaching, plucking, waxing, or Nair-like products for 6 weeks before your appointment.
- Tanned skin **CANNOT** be treated. If treated you may have white patches in the areas for several months. Tanning creams / sprays are fine but must be discontinued one week before treatment.
- Avoid the sun 4-6 weeks before & after treatment.
- Have skin clear of any products right before your appointment.
- Fill out our **Skin Analysis Questionnaire** (PDF Format) prior to your appointment.

## Pre-Microdermabrasion Instructions:

- Before microdermabrasion avoid any creams with skin-shedding properties for 2 days (Retin-A, Renova, glycolic acid, alpha hydroxy acids). You may use a bleaching cream for darkened areas for a few weeks prior to treatments for best results. Example: Porcelana or prescription strength creams.
- You **MUST** protect your skin from sun exposure for 2-6 weeks after the treatment series. Wear a sunscreen with SPF 30 or above. Ideally you should do this forever, of course.

**NOTE FOR ALL PATIENTS :** If you have a history of herpes or cold sores in the areas to be treated, please obtain a prescription for antiviral therapy to start the day prior to treatment. Your primary care provider or our medical providers can provide you with the prescription after a medical consultation if needed.