



# *Columbus Laser Allergy*

## Patient Instructions

1. Do not take any supplements or unnecessary medications for 4 hours before or after your treatment.
2. Please drink about 50% of your weight in ounces of water per day. We need you to be well hydrated.
3. Please wear comfortable clothing with the ability to roll up your right sleeve as part of the testing.
4. Please remove earrings, bracelets, watches and no cell phones in room during treatment.
5. Do not consume alcohol or any other caffeinated drinks for 4 hours before or after your treatment.
6. Please do not take any aspirin or pain medication for 4 hours before or after treatment.
7. Please refrain from using perfume, strong scented deodorant, fragrances, essential oils, hand lotion, aftershave or cologne on the day of your visit.
8. Female patients, please schedule your appointment so that you are not being tested during the first three days of your menstrual cycle.
9. Please eat before your appointment. You may be asked to avoid certain foods for a short time after your visit or eat very little. It is better to come full for your visit.
10. You must avoid all chemicals for twelve hours, so please refuel your automobile before your visit, do not visit the hair salon, barber, nail salon, or any other place that may have airborne chemicals.

Although these restrictions can be a burden, it's a small price to pay for a long term benefit.

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