



CHUNG INSTITUTE  
OF INTEGRATIVE MEDICINE

## Laser Detox Instructions

**It is important that you follow these instructions after the laser detox treatment:**

1. Avoid the following:
  - the substance for which you have been treated for 24 hours afterwards.
  - Cell/cordless phones, computer monitors (CRT's) (stay back 3'), and TV (stay back 6') 2 hours before and 24 hours after treatment.
  - **Caffeine containing foods** and beverages including coffee, caffeinated tea, chocolate, toffee etc. 2 hours before and 24 hours after treatment.
  - Mint or cinnamon including toothpaste, mouthwash, and breath mints (ex. Altoids), tea, or gum. Additionally, avoid contact with Lysol, disinfecting wipes, and strong cleaning products for 24 hours after treatment.
  - Tea Tree oil, eucalyptus, essential oils, incense, or camphor including Camphophenique and other camphor containing substances 2 hours before and 24 hours after treatment.
2. Your skin should be clean and completely free of fragranced lotions, moisturizer, body oil, or perfume before your treatment.
3. For patients using air travel, we recommend that you schedule your flights no closer than 24 hours after the last treatment due to the radiation of airport security.
4. Inquire about conflicting homeopathic medications after treatment.

When desensitizing for any type of mercury or other heavy metals, certain substances should be taken preferably before and after a laser detox session as directed for the next 24 hour after the session. These nutrients may include Chlorella, Cilantro. When in doubt, please call us. We want your treatments to be successful.