

Post Care Instructions

These pre & post care instructions are intended to guide you through the treatment process and get you on your way to gorgeous!

After Your Treatment:

CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZER:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your doctor - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

WATCH-OUTS

For general post-treatment discomfort, an over-the counter oral pain reliever, i.e. Extra Strength Tylenol might be prescribed by your doctor. If an anti-viral was prescribed, continue to take as directed. Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.

TIPS & TRICKS

- Use soft cloth and soft towels to avoid any scrubbing
- There may be some degree of swelling immediately post-treatment, however if you
- Make-up can typically be worn once the experience excessive swelling or any of the
- peeling process is complete following signs of infection, you should
- Wear a wide-brimmed hat or protective contact the office immediately. Signs of
- clothing for 2 months post treatment to infection include:
- avoid blistering, scarring, hyperpigmentation - Drainage – looks like pus
- and hypopigmentation - Increased warmth at or around the treated
- When showering, avoid getting shampoo area
- directly on the treated area - Fever
- Avoid strenuous exercise and sweating - Extreme itching
- until after skin has healed