

SKIN REJUVENATION

POST-TREATMENT INSTRUCTIONS



Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as 2 weeks afterwards) greatly affects whether you suffer that reaction.

The first 24 hours after treatment:

No Sun: Treatment site CANNOT HAVE SUN EXPOSURE or self-tanning lotion. As explained by the "Contract for Laser Services", direct sunlight is NOT BLOCKED by sunscreen. It only reduces sunlight, which still increases risk of adverse reactions.

Skin Care: You may use gentle cleansers like Cerave or Cetaphil, but cannot use peels, scrubs, exfoliation (including Clarisonic devices), or prescription acne medicine for 2 weeks after the treatment. OTC benzoyl peroxide or salicylic acid can be used upon an acne breakout, but small bumps are normal and require no care. Avoid makeup for 24 hours after treatment.

Rest: Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments

Redness: Skin may be red for approximately 8-36 hours. Redness will fade gradually, but some areas regain their normal color sooner.

After the first 24 hours:

Skin Care: After 24 hours, you may start wearing makeup again. For two weeks following treatment limit facial products to sunscreen and makeup. You may resume your regular skin care routine 2 weeks after treatment.

Sun: Continue to avoid any sun exposure for at least 2 weeks after treatment. After that 2 weeks, sunscreen SPF 30 must be worn always (meaning that it gets reapplied as the sunscreen sweats or rubs off).

Results: It may take up to 6 weeks to see the full benefit from the treatment.