

# Post Care Instructions

## After Laser Treatment

- If needed, apply a cool compress to ease redness, swelling and discomfort. However if the heat sensation is painful please call the clinic.

### AVOID ANY SKIN IRRITATION

- Do not use any body creams, shower gels or lotions which are highly perfumed or contain active ingredients such as retinol, glycolic acid or vitamin C for 48h.  
Instead, please use bland products during the healing phase or until your skin is no longer sensitive.
- Avoid heat inducing activities for 24 hours (running, sweating).
- Avoid chlorinated water for 24 hours.
- Do not wax or exfoliate the area for a week or until no longer sensitive and healed.

### PROTECT

- Wear broad spectrum SPF 50+ (UVB /UVA) daily for 3 months. Do not expose the area treated unprotected for 3 months.
- If crust or microcrusting is present, do not pick or pull at it as this may increase your chances of infection resulting in a scar.
- If you have any concerns with your treatment please contact the clinic immediately so we can advise on post care instruction

DATE \_\_\_\_\_

NAME \_\_\_\_\_