

### AFTER CARE INSTRUCTIONS

#### FIRST DAY AFTER TREATMENT

- Stay out of direct sunlight.
- Do not wash your face for 24 hours after the treatment.
- Do not apply moisturizers, serums, aloe, makeup, or any other products.
- Take pain medication if needed, but avoid aspirin or ibuprofen.
- Sleep with your head slightly elevated for the first two nights.

#### DURING THE FIRST 48 HOURS

- Cleanse your face with water and the provided cleanser in the morning and at night.
- Apply Cream #1 (provided) morning and night for the first three days.
- Do not apply moisturizers, serums, aloe, makeup, or any other products.
- Swelling and redness are expected.
- Stay out of direct sunlight.
- You may sleep in a normal (flat) position.

#### DURING THE FIRST WEEK

- Cleanse your face with water and the provided cleanser in the morning and at night.
- Do not apply moisturizers, serums, aloe, makeup, or any other products.
- Swelling and redness will continue.
- Your skin may feel very tight and dry.
- Stay out of direct sunlight.
- Swelling will begin to decrease, and peeling may start.
- Apply Cream #2 (provided) morning and night for the next four days.
- Use Aquaphor to gently remove dead skin on days 9 and 10.
- Be gentle, do not scrub or rub your face harshly.
- Gradually return to your normal skincare routine after day 10.

**CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.**