

AFTER CARE INSTRUCTIONS

FIRST DAY AFTER TREATMENT

- Do not wash your face for 24 hours after the treatment.
- Avoid wearing makeup for 24 hours after the treatment.
- Do not exercise for 24 hours after the treatment.
- Avoid direct sun exposure.
- Do not use retinol, acids (AHA/BHA), or vitamin C for 24 hours after the treatment.
- Avoid touching or rubbing the skin.

DURING THE FIRST 48 HOURS

- Use sunscreen SPF 30 or higher.
- Keep the skin hydrated with gentle, fragrance-free creams.
- Avoid saunas, steam rooms, and pools.
- Do not undergo other facial treatments.

DURING THE FIRST WEEK

- Continue using sunscreen daily.
- Avoid aggressive exfoliation.
- Do not perform chemical peels or microdermabrasion.
- Use gentle, hydrating, and soothing products.
- Avoid prolonged sun exposure.
- Avoid using new products that may irritate the skin.

GENERAL RECOMMENDATIONS

- Drink enough water to keep your skin hydrated.
- Mild redness is normal and should subside within a few hours.
- Your skin may feel more sensitive than usual.
- Avoid touching or squeezing the skin.
- Maintain a gentle skincare routine.
- If you experience persistent irritation, swelling, or discomfort, contact the clinic.
- Do not use exfoliants for the next four weeks.

CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.