

### AFTER CARE INSTRUCTIONS

#### FIRST DAY AFTER TREATMENT

- Redness may occur; it usually subsides within the first 6 to 24 hours.
- You may apply light makeup approximately four hours after the treatment.
- Swelling may occur; avoid exposing the treated area to intense heat or extreme cold for 48 hours.
- Avoid over-the-counter anti-inflammatory medications, as they may prolong or increase bruising.
- Do not lie down or bend over for the next 4 hours after the treatment.
- Do not consume alcohol 24 hours before or after the treatment.
- Do not undergo any other facial treatments for the next two weeks.

#### DURING THE FIRST 48 HOURS

- Bruising may appear; this is temporary.
- Avoid taking aspirin or other medications that affect blood clotting, as they may increase bruising.
- If needed, you may take over-the-counter pain relievers (as directed by your provider).
- Keep the treated area clean and avoid massaging it.

#### DURING THE FIRST WEEK

- Mild sensitivity or itching may occur; this is normal.
- Over-the-counter antihistamines may help relieve itching.
- These reactions typically resolve within a few days.
- Most people can resume normal activities the same day.

#### GENERAL RECOMMENDATIONS

- Avoid touching the treated area until the pores have closed.
- Apply makeup approximately four hours after the treatment (mineral makeup is recommended).
- Limit the use of harsh soaps; use gentle cleansers and lukewarm water.
- Do not rub the skin; pat dry gently.
- Avoid intense sun exposure, tanning beds, saunas, or steam for at least two weeks.
- Avoid electrolysis, waxing, or bleaching in the treated area for 72 hours.
- Avoid saunas, steam rooms, pools, and hot tubs for the next two weeks.

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