

AFTER CARE INSTRUCTIONS

AFTER THE TREATMENT

- Immediately after the treatment, your skin may look as if you have a moderate to severe sunburn and feel warmer and tighter than usual.
- You may notice slight swelling; both reactions are normal and should disappear within 1 to 2 hours, usually decreasing the same day or within 24 hours.
- You may observe mild redness after 24 hours, but only in minimal areas.
- If you are concerned about any reaction, call the clinic and contact your healthcare provider immediately.

DURING THE FIRST 24 HOURS

- Use lukewarm water to rinse the treated area.
- Do not apply makeup or sunscreen. Avoid direct sun exposure.
- Do not exercise or engage in strenuous activities. Do not swim or submerge in water.
- Make sure your hands are clean before touching the treated area.

DURING THE NEXT TWO DAYS

- Use the liquid cleanser provided and gently pat the skin dry.
- Continue avoiding environments that cause excessive sweating (gym, sauna, steam room).
- Avoid direct sun exposure.
- Do not use active or irritating products.
- Apply broad-spectrum UVA/UVB sunscreen with a minimum SPF of 30.
- Apply the hydrocortisone cream provided for one week, morning and night.

GENERAL RECOMMENDATIONS

- Avoid using Alpha Hydroxy Acids (AHA), Beta Hydroxy Acids (BHA), Retinol (Vitamin A), and Vitamin C (in low pH formulas), or any product considered “active” or irritating.
- Avoid direct sun exposure during the recovery period.
- Do not use tanning beds.
- Avoid saunas, steam rooms, pools, and hot tubs for the week following the treatment.

CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.