

### AFTER CARE INSTRUCTIONS

#### FIRST DAY AFTER THE TREATMENT

- Do not wash your face for 24 hours.
- Do not exercise for the next 7 days.

#### DURING THE FIRST 48 HOURS

- After 24 hours, you may wash your face using only cold or lukewarm water; do not dry it.
- Apply a small amount of 1% hydrocortisone on days 2 and 3 after the treatment.

#### DURING THE FIRST WEEK

- Do not use makeup, creams, or ointments unless instructed by your specialist.
- Rinse or wet your face 3 to 4 times a day and do not dry it. Use only clean water, do not use soap.
- Do not scratch the skin during the recovery period.
- If you feel itching, gently use your fingertip. Do not pick or peel the skin to avoid spots or discoloration.
- You may continue your normal activities, avoiding prolonged sun exposure.
- Do not sunbathe during the recovery period.
- Do not exercise during the recovery period.
- Do not use thermal or hot spring water.
- Return to the clinic after the seventh day for a facial (microdermabrasion) to help remove dead skin.
- Apply Aquaphor from days 4 to 8, or until the skin heals, in the morning and at night.

#### AFTER THE FIRST WEEK

- You may use a gentle cleanser, moisturizer, and makeup.
- Continue using sun protection—ask your specialist which SPF is recommended.
- Don't forget to schedule your next appointment to continue your treatment.

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