Post Care Instructions

These pre & post care instructions are intended to guide you through the treatment process and get you on your way to gorgeous!

After Your Treatment:

CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZER:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your doctor - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

WATCH-OUTS

For general post-treatment discomfort, an over-the counter oral pain reliever, i.e. Extra Strength Tylenol might be prescribed by your doctor. If an anti-viral was prescribed, continue to take as directed. Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.

TIPS & TRICKS:	WARNING:
• Use soft cloth and soft towels to avoid any scrubbing • Make-up can typically be worn once the peeling process is complete • Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation • When showering, avoid getting shampoo directly on the treated area • Avoid strenuous exercise and sweating until after skin has healed	There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include: - Drainage – looks like pus - Increased warmth at or around the treated area - Fever - Extreme itching

What to Expect & What You Should Do:	
Feeling of Warmth	
What to Expect	The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
What to Do	Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.
Redness (Erythema)	
What to Expect	Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the intensity treatment.
What to Do	Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.
MENDs	
What to Expect	MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin.
What to Do	MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin.
Possible Side Effects	
Swelling (Edema)	
What to Expect	Swelling is common and expected immediately after treatment.
What to Do	Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.