

1540 After Care

What to Expect Post Treatment

- Immediately following the treatment you may experience a sunburn-like sensation along with some discomfort and tenderness for 2-7 days.
- A clinical endpoint of redness and swelling may last for up to 30 days.
- The skin will be extra dry and feel tight post treatment for up to 30 days.
- There may be a flare up of whiteheads when treating the face. This is caused specifically from the laser treatment and will resolve in time. You may use over-the-counter witch hazel as an antibacterial to speed the recovery process. Do not pick at the skin.

How to Care For Your Skin

- Immediately after the treatment, apply an ice pack to the area, on and off for 30 minutes, to reduce heat and mild swelling.
- Keep the area moist and drink lots of water. Aloe vera or any moisturizer without alpha-hydroxy acids or beta-hydroxy acid will work and should be applied as needed throughout the day.
- The treated area may be washed gently with a mild soap or cleanser. Skin should be patted dry and NOT rubbed.
- Itchiness is common and is a sign of the healing process, if needed an OTC anti-itch cream can be applied. Do NOT scratch the area.
- Darker pigmented people may have prolonged discomfort than lighter skin people and may require aloe vera gel, anti-itch cream or an antibiotic ointment longer.
- Apply SPF 30 or above daily and every 2 hours if outside or exposed to Sunlight.

What to Avoid

- Avoid any heated activities for 2-3 days such as hot showers, hot tubs, saunas, steam rooms, hot yoga, and vigorous exercise to reduce the chance of hyperpigmentation (darker pigmentation).
- Avoid makeup application for a minimum of 24 hours
- Avoid picking or scratching the treated skin to achieve your best results.
- Avoid direct sun exposure and tanning beds throughout the treatment course so as to reduce the chance of adverse reactions like hyperpigmentation or hypopigmentation.