

LASER SKIN REJUVENATION

POST-TREATMENT INSTRUCTIONS

Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as 2 weeks afterwards) greatly affects whether you suffer that reaction.

The first 24 hours after treatment:

No Sun: Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). As explained by the "Contract for Laser Services", sunlight is NOT BLOCKED by sunscreen/sunblock, clouds, clothing, or a canopy of trees. Some of the dangerous, invisible sunlight penetrates even special, UPF (ultra-violet protection factor) clothing, so no protective step gives you an excuse for ignoring the strict, 24-hour rule against sun exposure.

Skin Care: You may use gentle cleansers like Cerave or Cetaphil, but cannot use peels, scrubs, exfoliation (including Clarisonic devices), or prescription acne medicine for 2 weeks after the treatment. OTC benzoyl peroxide or salicylic acid can be used upon an acne breakout, but small bumps are normal and require no care (they should resolve within a week).

Make Up: Do not apply makeup until the morning after your treatment.

Rest: Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments. Treatment sites that are damp/sweaty and hot will promote bacteria.

Redness: Skin may be red for approximately 8-36 hours. Redness will fade gradually, but some areas regain their normal color sooner.

After the first 24 hours:

Skin Care: After 24 hours, you may start wearing makeup again. For two weeks following treatment, limit facial products to sunscreen and makeup. You may resume your regular skin care routine 2 weeks after treatment.

Sun: If possible, continue to avoid sun exposure for at least 2 weeks after treatment. After that 2 weeks, whenever outdoors use a micronized zinc sunscreen/sunblock of SPF 30+, and reapply as it sweats off or rubs off.

Itching: You may take oral Benadryl or use 1% Hydrocortisone cream.

Results: It may take up to 6 weeks to see the full benefit from the treatment.

There are foreseeable risks from these procedures, even if we do everything correctly, and what increases those risks the most is something we cannot control - whether you get "sun exposure" or otherwise deviate from these instructions.