

## Laser Post Procedure Instructions

- **To cool skin, fill a clean bowl with fresh ice cubes & water. Take large gauze (or a fresh washcloths) and dip in cold water. Squeeze out excess water and ice cubes. Place cool gauze over treated skin for 10 minutes (or until gauze gets warm). Repeat 3-4 times per hour while awake. Do this for the first 48 hours after procedure. This helps reduce swelling.**
- Apply a thin layer of Aquaphor on the treated area 3 times daily for the first 72 hours (3 days) only. It is okay to reapply more if the gauze is removing it. After 3 days stop using Aquaphor and use Cetaphil Moisturizer 3 times daily. (The clinical team will clean your skin the day after procedure).
- DO NOT cleanse/scrub the treated area for the first 24 hours. Thereafter, a mild cleanser such as Cetaphil can be used 2-3 times per day.
- DO NOT use any anti-aging/exfoliating/harsh cleansers, medications or scrubs. For 1 month after laser
- **It is important NOT to “pick” or rub your skin during the crusting, flaking and healing process.**
- No make-up or shaving for 7 days. Makeup okay at 1 week.
- Your skin will be red following treatment for 1 week. It will have a pink hue for 2-3 additional weeks (you may apply makeup during this time).
- Mild acne flare and/or milia (tiny white bumps) may occur. This should resolve on its own without treatment

**\*IF YOU HAVE ANY QUESTIONS DO NOT HESITATE TO CONTACT US! WE ARE HERE TO HELP 24 HOURS A DAY\***

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