

## **LASER POST-PROCEDURE CARE**

It is important to the health of your skin and the success of your procedure that you follow the recommendations listed below.

### **1. Redness, Flaking, Bruising, and Swelling**

Minor redness immediately following the laser treatment is expected. Pigmented lesions (such as lentigenes) often turn darker in color, form a scab or crust, and will naturally exfoliate over the next 1-3 weeks. Avoid picking, peeling, and rubbing of these areas. With facial redness laser treatment (such as rosacea treatment), bruising, swelling, and increased redness often occur during the first 24 hours after treatment.

### **2. Sun Protection and Avoidance**

Your skin is more sensitive to the sun immediately following your treatment, and sun avoidance is crucial for success of your results. Sunscreen with an SPF of at least 30 should be applied every day and may be started immediately after treatment. If skin feels dry, rough, or flaking in the days after the laser treatment, a moisturizer cream of your choice may be used in addition to a daily moisturizer with broad spectrum sunscreen of SPF 30 or higher.

### **3. Gentle Cleansing**

The treated area may be washed gently with a mild soap without use of exfoliating agents. Skin should be patted dry & not scrubbed.

### **4. Avoidance**

Avoid irritants to the skin for 3-5 days after your laser treatment. Do not apply prescription topical medicines, bleaching creams, or prescription face washes until any redness, flaking, crusting, or irritation has resolved (typically 3-5 days). Multiple treatments may be required for desired results.

### **5. Return to your routine**

You may return to normal skin care routine (such as use of a retinoid/retinol) once skin is no longer red, irritated, or flaking. Makeup may often be used 1-2 days after the laser treatment.