

Post Care

Non Ablative Skin Resurfacing

- ▶ Immediately following treatment, the area will feel warm, like sunburn, it may sting and appear swollen.
- ▶ The warm sensation generally dissipates in less than 24 hours.
- ▶ Swelling can last up to 2-3 days, however, elevating the area and applying cool compresses may help alleviate this response.
- ▶ As the area heals the skin will appear bronzed, this may last up to 3 days, mineral make-up or tinted sunscreen may cover this response after 24 hours.
- ▶ For additional comfort a cool compress or cool packs wrapped in a paper towel may be applied. Do not apply ice or a frozen ice pack directly to your skin.
- ▶ Do not wash the treated area the evening of your treatment.
- ▶ Do not pick, scrub or rub the treated area. Some people may experience some mild flaking post treatment.
- ▶ Your skin will be more sensitive to sun after your service. You **MUST** use a broad-spectrum sunscreen with a SPF of 30+ daily. We recommend that the sunscreen contains at least 8-9% Zinc Oxide as one of the ingredients.
- ▶ As your skin heals it may feel dry, tight or itchy for up to 7 days, heavier moisturizers and over the counter 1% hydrocortisone cream can alleviate these responses. Hydrocortisone 1% may be purchased in drug stores. We recommended Cu3 lotion or Silk Coat Balm for heavier moisturizers, these can be purchased in our office.
- ▶ No heat, hot showers, strenuous activity/workouts, Jacuzzis/saunas or direct sun exposure for 72 hours.
- ▶ Men can resume shaving 5 days post treatment
- ▶ Sleep on CLEAN pillowcases and remember to wipe glasses and cell phones with alcohol wipes.
- ▶ The following day, clients may cleanse with a MILD cleanser, gently PAT skin dry and use a gentle moisturizer and sunscreen. This process will continue for 3 days post service. Refrain from exfoliation with scrubs or topicals while skin is healing for 5-7 days.