

## Facial Treatment (Laser and IPL) Post Treatment Recommendation

### After the treatment

- Until irritation has resolved completely or at least **for 48 hours post treatment**:
  - Avoid excessive exercise, friction and activities that raises body temperature.
  - Do not go in to spa, pool or sauna i.e. places when the treated area may be exposed to chlorine, chemicals or excessive heat.
  - Clean the treated area with gentle cleanser only.
  - Use only mineral make up.
  - Cool the skin as needed with cool packs, Aloe Vera gel or/and soothing cream (e.g. Hyal Ceutic or K Ceutic).
- You can bath or shower as usual, however:
  - Do not soak, aggressively scrub or exfoliate the treated area.
  - Do not use skin products that contain active ingredients (e.g.vitamin A and AHA) for 5-7 days, or until irritation has resolved.
- Do not pick, remove, or pull at any darkened lesions as scarring may occur.
- Do not shave the treated area if crusting is evident.
- **Avoid direct sun exposure between treatments.**
- **Apply SPF 45+ to protect exposed treated areas.**

### What to expect?

1. Warmth or heat sensation is expected and will last for about 1-2 hours immediately after treatment.
  2. Slight swelling and redness of the treated area may occur after immediately treatment and may last for up to 24 hours.
  3. Treated areas may be temperature-sensitive.
  4. There may be a slight darkening (bronzing) of the skin appearing 3-10 days post treatment which gets resolved on its own without intervention.
  5. If the area looks excessively irritated (honey coloured crusting and oozing or spreading redness) or if you experience an unusual discomfort, please contact our office immediately.
  6. If you have any extreme reaction to the procedure or if any other complications develop; if you have any questions or concerns regarding the condition of your skin or well-being following the procedure please seek immediate medical advice.
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