



### **LASER TREATMENT AFTER CARE**

Immediately after the treatment, you may apply an ice pack if your skin is hot or if you have any swelling. It is normal for the treated area to feel like sunburn for a few hours. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage.

Avoid picking or scratching the treated skin to achieve your best results. If any crusting occurs, apply antibiotic cream. Some physicians recommend Aloe Vera gel or some other after sunburn treatment such as Desitin. Darker pigmented people may have more discomfort than lighter skin people and may require the Aloe Vera gel or an antibiotic ointment longer. Follow instructions as specified by your practitioner.

Makeup may be used after the treatment. Any moisturizer without alpha-hydroxy acids is acceptable.

You may shower after the treatment in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.

You may experience redness and bruising from five to fourteen days after the treatment.

Avoid direct sun exposure and tanning beds for 1-2 weeks and throughout the course of the treatment to reduce the chance of dark or light spots. Always use sunscreen SPF 30 or higher for at least 2 weeks before and after each treatment when going outside.

It may take up to four weeks or longer to observe the maximal effectiveness of your treatment.

Avoid tweezing, waxing, bleaching or chemical peels for 2 weeks before or 2 weeks after the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide, or astringents for the same period of time.

Call RejuvenationMD with any questions or concerns you may have.