

GENERAL INFORMATION:

- The first 1-2 days the skin will be red, swollen, and for most patients the skin will be bloody immediately post treatment and can continue lightly bleeding for 24-48 hours post treatment.
- The skin will be tender to touch and any product you put on will likely reactivate the initial burning sensation..
- No vigorous exercising for the first 5-7 days post treatment
- Stop retinols for the duration of the treatment.
 - You can reintroduce retinols 10 days after laser treatment

LASER RECOVERY INFORMATION:

DAY OF PROCEDURE:	<ul style="list-style-type: none"> • The skin will be red, swollen, bloody, oozing, and sore. You can blot the blood with a clean towel and use cold compresses (do not put ice directly on skin) and fans will also help cool the skin. • For most patients, the bleeding subsides after the first day or within 48 hours. Do not wash the face the first evening.
POST-LASER DAY 1:	<ul style="list-style-type: none"> • The morning after the procedure the skin will likely be more swollen and tender. There will still be some bloody spots and scabs. • Gently wash the face in the morning with the cleanser in the kit. After washing gently, apply the priming oil and moisturizer from the kit (Please note, the initial burning sensation may be reactivated after applying any of the products). • Vaseline can also be applied if the skin still feels dry after applying moisturizer. • You should avoid sun exposure for 10-14 days post treatment, but if you must go out, full face SPF (physical blocker) should be applied. • Throughout the day you can reapply the oil and moisturizer as needed. • Wash the face in the evening with the cleanser from the kit and apply the oil and moisturizer.

LASER RECOVERY INFORMATION CONTINUED:

<p>POST-LASER DAYS 2-5:</p>	<ul style="list-style-type: none"> • The skin will continue to be red, irritated, and possibly swollen. The bloody spots and scabs should be resolved by day 4-5. • Continue to wash morning and evening and use the oil and moisturizer from the kit. The skin will start to feel very dry and possibly itchy. • You can use the hydrocortisone samples provided in the kit if needed. • Avoid picking, scrubbing, or rubbing the skin
<p>POST-LASER DAYS 5* & AFTER:</p>	<ul style="list-style-type: none"> • For the deeper settings, the skin will continue to remodel, feel dry, and can have a coffee ground texture lasting for 7-10 days. • Continue to cleanse with the cleanser twice daily and liberally apply the oil, moisturizer and a physical blocking SPF. • You can start wearing makeup on post laser day 5.

WHEN TO CALL THE CLINIC:

- If you feel your skin is incredibly itchy and you have applied hydrocortisone without improvement. If your skin is forming pus, yellowish crust, or oozing more than 2 days, or you feel that you have a fever or other systemic symptoms.

****AVOID ALL OTHER PRODUCTS OTHER THAN WHAT WAS SUPPLIED IN THE KIT, VASELINE, AND A MINERAL-BASED SUNSCREEN****