

### **WHAT SHOULD I EXPECT AFTER TREATMENT?:**

- The treatment feels like a hot rubber band snapping against the skin with an immediate cold spray.
- The intensity and duration of your side effects depend on the treatment aggressiveness and your individual healing characteristics, generally lasting for up to one week.
- Immediately after the treatment, you will experience redness, some swelling, and sometimes a temporary bruise or purple color to the skin.
- You will notice most of the swelling on the first morning after treatment, particularly under the eyes.
- Swelling usually lasts two to three days. See below for how to minimize swelling.
- Heat sensation can be intense for 2-3 hours after treatment.

### **WHAT SHOULD I DO FOR HOMECARE AFTER MY TREATMENT?:**

- To minimize swelling, apply cold compresses to the treatment area for 10 minutes on, and 10 minutes off until desired comfort is achieved. Sleep elevated the first night.
- Taking antihistamines (Claritin or Zyrtec) for 5 days may also decrease swelling.
- On the day of treatment, use a gentle cleanser, moisturizer, and SPF.
- Tretinoin, Vitamin C, and AHA/BHA products should be avoided for the first 48 hours after treatment.
- Avoid swimming, exercise, contact sports, and hot tubs until redness or irritation subsides (at least 48 hours).
- **Apply a mineral-based sunscreen daily post-treatment.**