

GENERAL INFORMATION:

- The first 1-2 days the skin will be red and swollen and will feel like you have a bad sunburn.
- The morning after the procedure, the skin will likely be more swollen and tender.
- No vigorous exercising for the first 3 days post treatment
- Stop retinols for the duration of the treatment.
 - You can reintroduce retinols 5-7 days after laser treatment

LASER RECOVERY INFORMATION:

<p>DAY OF PROCEDURE:</p>	<ul style="list-style-type: none"> • Apply the priming oil from the kit throughout the day if needed. • Can also do cold compresses (do not put ice directly on skin) and fans to help cool the skin. • Do not wash the face the first evening. (Please note, the initial burning sensation may be reactivated after applying any of the products).
<p>POST-LASER DAY 1:</p>	<ul style="list-style-type: none"> • Gently wash the face in the morning with the cleanser in the kit. <ul style="list-style-type: none"> ◦ After washing, apply the oil and moisturizer from the kit (Please note, the initial burning sensation may be reactivated after applying any of the products). • If going out, apply sunscreen after the oil and moisturizer. • Throughout the day 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.
<p>POST-LASER DAY 2*:</p> <p>*You can wear makeup starting on post laser day 2.</p>	<ul style="list-style-type: none"> • Wash morning and evening and use the oil and moisturizer from the kit. • If starts to feel itchy can use the hydrocortisone packet provided in the kit. • A light coffee ground texture will be felt after day 2 or 3 which will last until day 5-7. • Do not pick, rub, or scrub this skin as this can affect the results.

LASER RECOVERY INFORMATION CONTINUED:

POST-LASER DAY 3:	<ul style="list-style-type: none">• Same as day 2; refer to above
POST-LASER DAY 4:	<ul style="list-style-type: none">• Same as day 2 & 3; refer to above• Skin will likely start to feel very dry around day 3 or 4 so use the oil and moisturizer liberally throughout the day.
POST-LASER DAYS 5 & AFTER:	<ul style="list-style-type: none">• By day 5-7 the texture will continue to improve and the skin should feel back to normal by Day 7.

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****