

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 biogel 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 a gentle cleanser. <ul style="list-style-type: none"> ◦ After washing, apply the biogel and desonide from the kit (Please note, the initial burning sensation may be reactivated after applying any of the products). • If going out, apply a physical blocking sunscreen, after applying the biogel and desonide. • Throughout the day, you can reapply the biogel as needed. • Wash the face in the evening with the cleanser from the kit and apply the biogel and desonide.
<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 with a gentle cleanser and use the biogel from the kit to moisturize. • If you start to feel itchy, you can use the desonide 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:

<p>POST-LASER DAY 3:</p>	<ul style="list-style-type: none"> • Same as day 2, except please discontinue desonide on post-laser day 3 (desonide only day 1 and 2) - refer to above
<p>POST-LASER DAY 4:</p>	<ul style="list-style-type: none"> • Same as day 2 & 3; refer to above • Skin will likely start to feel very dry and start to peel/slough off around day 3 or 4, so use the biogel liberally throughout the day.
<p>POST-LASER DAYS 5 & AFTER:</p>	<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. • Once peeling/sloughing off is complete, can stop biogel and resume normal skincare routine.

WHEN TO CALL THE CLINIC:

- If you feel your skin is incredibly itchy and you have applied desonide 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****

PLEASE MAKE SURE TO USE A MINERAL SUNSCREEN DAILY!

***If you purchased the exosomes tier 1 add-on, please apply the Plated Intense Serum first thing after washing your face morning and night starting post-laser day 1.**