

Post-Treatment 1540 non-ablative Laser Instructions

- Immediately post treatment, expect moderate swelling and redness of treatment area, this generally resolves in 1-5 days.
- Use cool compresses as needed or Biocellulos Restorative Mask after treatment to help soothe and rehydrate. Avoid all other products for 24 hours.
- Once treatment area begins to heal, some itchiness or dryness may occur. The use of non-irritating moisturizers may provide relief. Those prone to acne breakouts should avoid heavy moisturizers, oil based products and make-up cosmetics for 3-5 days post treatment.
- Gentle cleanser, light, oil free, non-fragranced moisturizers and non-irritating cosmetics are permitted 24 hours after treatment.
- **Physical** SPF 50 is permitted 24 hours after treatment.

New skin will begin to form and it is essential to avoid injury and sun exposure at least two weeks following treatment. Skin may have a mild rough texture up to 3 weeks post-treatment. This is part of the skin's healing process and its new skin formation. This texture is usually not noticeable by others.

- Avoid over heating the skin, strenuous exercise and excessive sweating 1 week post-treatment.
- Resume discontinued medication **only** if not continuing with a treatment series or as recommended by prescribing physician.
- If prone to breakouts, the skin may breakout 1-3 days post treatment, do not pick or try to extract pimples. It should resolve on its own in 5-7 days. If unresolved and seems to worsen talk to your physician about prescribing a light oral antibiotic to clear.
- Resume retinoid and other exfoliates 2 weeks after treatment **only** if not continuing treatment series.

Before applying products post-procedure, test spot on a small area of treatment site, wait 20 minutes. If no irritation occurs apply to the rest of treatment area. If irritation occurs, remove with gentle cleanser and wait another 24 hours.

- One week post-treatment start your regular skincare program.
- Avoid direct sun exposure for up to 4 weeks and continue to use an SPF 50 or higher on a daily basis following final treatment to maintain optimal treatment results.
- Best results are achieved in a series of 3-5 treatments every 4 weeks. Your skin will continue to improve, building new skin tissue, up to 6 months following your treatment series.