



## Laser/Light Therapy After Care Instructions

If you have any questions or concerns please do not hesitate to contact us!

### Feel & Redness

It is normal for the treated area to feel like a sunburn for 1-2 hours. You should use a cold compress or cold water spray as needed. You may also expect to experience redness and potentially some swelling within the treated area for up to 7 days.

### Bathing / activities

Avoid bathing with very hot water, strenuous exercise within 24 hours, and massage for 2–3 days post laser skin care treatment.

### Washing:

Wait at least 12 hours (next morning) to wash your face. Cleanse your face with a mild cleanser such as Cetaphil. We highly recommend Alastin gentle cleanser for better healing. Use the cleanser for the duration of the healing process. DO NOT use any scrubs or irritants such as Retin-A, Benzoyl Peroxide or any astringents. Avoid Vitamin C for 7 days. Skin should be patted dry and NOT rubbed.

### Hydrating:

Apply Aquaphor on the treated area (avoid getting inside the eyes) a few times a day to keep the skin well moisturized and overnight. Leave Aquaphor on while sleeping, and steam in the shower the following morning. Starting on day 3 you can use a warm wash cloth in large, gentle circular motions to remove the ointment. Remember – DO NOT SCRUB. Avoid use of any other moisturizing products (lotions, serums, liquid sunscreens, etc.) for 5 days. Using these products will prevent your skin from peeling and may hinder the full benefits of the laser skin rejuvenation procedure. If using Alastin skin nectar wait 3-4 days then apply as normal day and night. 2 pumps per use. This is in replace of the aquaphor

### Makeup:

Makeup should not be used for at least 3-4 days post treatment. Treat skin as an open, healing, wound. Most makeup is moisturizing, which can sometimes prevent the peeling process, clog pores, and introduce infection. If makeup is absolutely needed, we recommend using new makeup to reduce the possibility of infection or non comedogenic makeup.

### No Sun Exposure:

Avoid direct sun exposure and tanning beds for at least 1–2 months post treatment in order to reduce the chance of dark or light spots. A powdered mineral makeup can be worn during the healing process as a sunscreen, but make sure the makeup is new and the brush is clean. Liquid sunscreens are not enough, or recommended. Sun exposure delays the process of healing. Sun exposure can cause damage to the healing skin and cause undue pigmentation and textural changes that may be lasting. Do **not use self tanner or use tanning beds**.



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**Other procedures:**

Avoid tweezing, waxing, bleaching or chemical peels during the course of the healing process.