



Posttreatment Instructions

- Do not scrub or exfoliate the skin.
- Wash the area with warm water and a mild cleanser.
- Do not apply liquid makeup for 24 hours; mineral makeup is acceptable after the erythema resolves.
- If erythema after treatment persists, use an ice pack (or frozen peas) at home, but always use a protective barrier, such as a face cloth, between the skin and the ice pack.
- Always wash your hands thoroughly before touching your face: there are micropathways opened into the dermis and hands will introduce bacteria.
- If skin feels tight or dry, apply moisturizing cream frequently.
- If you currently have skin breakouts, you may find that the condition may temporarily worsen due to inflammation or edema.
- Do not pick at treated tissue: doing so may result in hyper- or hypopigmentation.
- Avoid ultraviolet rays and apply sunblock >30 SPF UV A/B daily.
- Avoid alcohol consumption if possible.
- For 24 hours, refrain from high intensity aerobic exercise or activities that increase the body temperature like saunas, hot tubs, steam showers or exercise (i.e. jogging, weight training, kickboxing, etc.).
- Call your practitioner if any problems develop: concerns regarding rash, itching, erythema, etc., for more than 24 hours.