



skin body soul

## Clear and Brilliant

### Post-Treatment Instructions

Cleanse the treated area gently as needed. Alastin Skincare and Image Ormedic cleansers are recommended. Avoid abrasive scrubs for 4 days after your treatment. You may apply make-up immediately if desired.

Immediately following your treatment you may notice a uniform redness on your skin as well as a moderate sunburn feeling. This usually lasts no longer than 24 hours. Cold packs may help with any discomfort. Ibuprofen or Tylenol may be taken to alleviate the discomfort as well. Please let our office know if the discomfort lasts longer than 48 hours following your treatment.

You may have some mild swelling in the treated area following your treatment. This should resolve in 24 hours or less. Avoid exertional activity immediately following treatment as this may cause an increase in swelling.

Quick warm (not hot) showers are recommended. Avoid prolonged baths for 48 hours. Aerobic exercise, use of saunas and hot tubs should also be avoided for 24-48 hours.

Prolonged sun exposure should be avoided for 2 weeks following your treatment. If it is impossible to stay out of the sun during this time, a total sunblock of SPF 30 or higher, not a sunscreen, should be applied every 2 hours while in the sun. Sun exposure may cause certain complications (possibility of hyperpigmentation or sooner return of uneven pigmentation). Makeup can also protect the skin from sun exposure though it should not replace sunblock.

This treatment is recommended in a series of 3-5 treatments, depending upon your individual requirements/indications. Following your series, a maintenance treatment is recommended every 3 months.

For any questions or concerns following your treatment, please contact us at (573)348-3882 Monday- Friday 9AM-5PM.