



skin body soul

Lake Medical Spa

Potenza post-treatment 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. Be sure to apply makeup with clean brushes to avoid spreading bacteria to the treated area.
- If erythema after treatment persists, use an ice pack or cool compresses at home; always use a protective barrier, such as a face cloth, between the skin and the ice pack.
- Before touching your face or applying facial products, be sure to wash your hands well: there are micro-pathways opened into the dermis and hands will introduce bacteria.
- If skin feels tight or dry, apply moisturizing cream as often as desired.
- 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 cardio exercise or activities that increase the body temperature and cause perspiration, i.e., hot yoga, saunas, etc.
- Contact your practitioner if any problems develop: concerns regarding rash, itching, erythema, ect., for more than 24 hours.

Expected side effects

- Erythema (redness) may occur after the treatment, lasting a few hours and up to three days.
- Tissue may be edematous (swollen) for a few hours up to several days.
- Pinpoint bleeding on the surface of the skin can be expected with deeper treatments. Bleeding is temporary and is typically resolved by the end of the patient's visit.
- Overtreated tissue may heal with small areas of micro crusting or scabbing.
- Burning sensation: patients may feel uncomfortable temporarily while receiving treatment.
- Temporary tingling which typically resolves within 24 hours.