



## **Congratulations on Your Second Chance!**

We recommend a minimum of 6-8 weeks between treatments for best results. Below are a few important tips to help ensure you have the best healing experience possible.

### **Post Treatment Care Instructions:**

#### **Keep It Dry & Let It Breathe**

Following your treatment, please remove all bandages within 3 hours to promote air circulation to the treated area(s) and help keep the treated area(s) dry during the healing process. There is no need to re-bandage or wrap the area(s) unless directly exposed to the sun. Refrain from causing friction and avoid exercise/heavy exertion for the first 24 hours. If you are sweating or your skin feels irritated, you may cool off with a clean ice pack by keeping it on and off alternating every 5 minutes.

#### **Apply a Thin Coat of Ointment**

You may moisturize the treated area(s) with vitamin E oil once a day for the first week following your treatment. Refrain from using any scented products/alcohol astringents on the treated area(s) to avoid irritation.

#### **Keep It Clean:**

Avoid hot showers or baths for 2 weeks. Also, avoid prolonged soaking this means no swimming, oceans/lakes, hot tubs, or saunas. Keep showers under 10 minutes and use cool water when possible.

We all love our pets however please avoid animals in close contact with the treated area.

#### **Do not Scratch or Pick at The Treated Area(s)**

*Scabbing and Blistering are all a normal part of the healing process – picking at your skin may cause scarring*

#### **Do Not Pop Your Blisters Unless Larger than a Quarter to Minimize Irritation/Infection Risk Please Follow These Steps to Drain It:**

Use clean hands only – always wash your hands prior to touching any treated area(s).

Use a sterilized lancet to puncture a small hole close to the skin around the base and proceed to let the fluid drain out by pressing down firmly on the area with a sterile napkin.

*Once you have drained the fluid – you may apply a small amount of antibiotic ointment onto the blister – a little goes a long way!*

If the blister fills back up, repeat the steps above always using sterile items.

Blistering should subside within 48 hrs.

#### **Avoid Exposure to Heat. Stay Out of the Sun.**

Please wait for the treated area(s) to heal completely before going into the sun or a tanning bed. Avoid over exposure to heat during treatment duration. The sun can delay the healing time of the treated area(s), can promote scarring and hyper/hypopigmentation on the skin. Scarring due to laser treatments is extremely rare, however following your treatment, should you have any hyper/hypopigmentation; please wait for your skin to return to its normal tone before coming in for your next treatment.

## **Remember to Treat Yourself Post Treatment!**

Help your body do the healing. Engage in activities that promote healing such as getting a lymphatic massage, resting when needed, staying hydrated (*aim to drink 8-12 glasses of water per day*) fueling your body with a healthy diet and keeping a regular exercise routine. Avoid excessive amounts of alcohol, caffeine and cigarettes during the duration of your treatment for best results.

If you have any questions about the healing process, please call the clinic and speak to one of our laser technicians. Under the circumstances that you have followed proper post treatment protocol and you are experiencing major discomfort, showing signs of infection or if any problematic symptoms persist or worsen; Please visit your doctor or nearest E.R.

