

# POST PROCEDURE CARE INSTRUCTIONS

- WAIT 12 HOURS BEFORE WASHING FACE, THEN ONLY USE A GENTLE CLEANSER –WASH TREATED AREA WITH HANDS NOT A WASH CLOTH.
- AFTER YOU WASH YOUR FACE APPLY A MOISTERIZER IF NECESSARY, SUNSCREEN WITH SPF OF 30 OR HIGHER THAT CONTAINS ZINC, AND YOU CAN USE A POWDER BASED MINERAL MAKE-UP.
- IF YOU ARE OUT IN THE SUN YOU NEED TO REAPPLY SUNSCREEN EVERY FOUR HOURS.
- DO NOT PICK OR SCRATCH AT THE LITTLE SCABS, LET THEM FALL OFF ON THEIR OWN. APPROXIMATLY 3-5 DAYS.
- AVOID THERMAL TRAUMA SUCH AS HOT SHOWERS, WHIRLPOOL, STEAM ROOMS, SAUNAS, ECT. FOR TWO DAYS FOLLOWING TREATMENT.
- DO NOT DO ANYTHING THAT WILL MAKE YOU SWEAT IE: WORKING OUT AT THE GYM, FOR TWO DAYS FOLLOWING THE TREATMENT.
- DO NOT TAKE ANY ANTI-INFLAMITORY MEDICATIONS FOR 1 WEEK FOLLOWING TREATMENT. IE: IBUPROFEN, ADVIL, MOTRIN, EXCEDRINE, NUPRIN, OR ANTIHISTAMINE MEDICATIONS.
- IF YOU HAVE ANY PROBLEMS OR CONCERNS PLEASE CALL THE OFFICE