

## LASEMD SKIN RESURFACING POST-TREATMENT

- You may experience a burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Make sure to enclose the ice pack in dry, sterile gauze to prevent water from penetrating the tissue in the treated area.
- Keep the treatment area moisturized. After the first day, gently wash and pat the skin dry for two days. Do not scrub the treated area. Moisturize daily. Usually, any crust will separate naturally within 5-7 days after the treatment.
- Please do not use cosmetics that contain active ingredients such as Retinol or AHA after treatment without prior permission.
- Avoid exercising for the first week after treatment or until initial healing has occurred, this includes any activity that increases blood flow or body temperature (e.g., alcohol consumption, exercise, and sauna) may cause increased redness.
- Avoid using cosmetics containing alcohol for at least one week after treatment.
- For at least 20 days after treatment, apply SPF 32 or Aurora Skin Defense Sunscreen. Use an umbrella, hat, or any other available protection against sunlight while spending time outdoors.