



# THE ONE

CLINIC OF AESTHETICS

PRE & POST CARE

Laser Treatment



## Laser Treatment Aftercare

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### PRE & POST CARE

**Apply ice or cold packs to numb the treated area as needed** – laser treatment, you may feel some minor discomfort like a mild sunburn. The area might also be slightly swollen or red. Ice and cold packs are an easy way to ease this pain. You can use ice or cold packs immediately after the laser treatment, so put them in the freezer before your appointment.

- Wrap the ice or cold pack in a towel before you use it; directly applying the pack to the skin may cause more irritation.
- Ice the treated area for up to 10 minutes at least 3 times a day until the discomfort is gone. Wait at least an hour before reapplying the ice or cold pack. If you leave the ice pack on for too long, it will restrict the blood flow to that area and slow down your healing time.

**Try aloe vera to soothe any redness or swelling.** Many people say that aloe vera helps to reduce skin discomfort and ease redness and swelling. It is easy to find in the skincare or sunblock aisle in drug stores; make sure to keep the aloe vera gel refrigerated for the best results. If possible, use fresh aloe vera gel because it is more effective.

- Apply the aloe vera directly to the areas. Wait several minutes for it to absorb into your skin. After the gel begins to dry, you can remove the excess aloe vera with a soft, damp, washcloth. However, leaving a small amount of aloe vera on your skin is also safe. Repeat this process 2-3 times a day until the pain, redness, and swelling is gone.

**Take Tylenol NOT Ibuprofen, Aspirin, or Advil** – Medications that thin the blood can increase healing time after laser treatments. Take Tylenol as directed as needed.



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**Protect the treated area from sunlight.** The sunlight will irritate the treated area and possibly make the discomfort and redness worse. The easiest way to prevent this is to not expose the treated area to direct sunlight. If you go outside, make sure you cover the area with clothing. If you had your face treated, wear a hat to provide sun protection.

- Artificial UV sources—such as tanning booths—should also be avoided until the skin has completely healed and all discomfort, swelling, and redness has disappeared.
- Direct sun exposure should be avoided for a minimum of two weeks after the laser treatment, but some health care providers recommend avoiding the sun for 6 weeks.
- Use a sunscreen with a SPF of at least 30. Make sure you reapply the sunblock often, especially if you get the skin wet or sweat profusely.

**Avoid exposing your skin to heat sources until it has entirely healed.**

Exposing the treated area to additional heat can increase the skin irritation. Hot water, saunas, and steam rooms should all be skipped for a minimum of 48 hours after the treatment.

- You can bathe the treated area; however, you should stick to cool or warm water to help the area heal as quickly as possible.

**Avoid strenuous exercise for at least 48 hours after treatment.** Raising the body's temperature through exercise can also irritate the treated area. Wait at least 48 hours before strenuously exercising.

- Milder exercise, such as walking, is okay. Just try to avoid becoming overheated.



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**Clean the treated area with a mild cleanser.** It is important to keep your skin clean. You should use a mild cleanser, or a cleanser designed for sensitive skin to clean the area. You can shower or bathe as normal, just make sure to keep the water temperature cool.

**Pick a moisturizer designed for sensitive skin.** After treatment your skin will be more sensitive than normal. It will also probably feel dry, especially as it heals. Applying a moisturizer designed for sensitive skin to the treated area will alleviate the dry feeling without causing further irritation. We recommend Innoaesthetics - Skin Repair Cream available at the clinic for post laser treatments.

**Avoid makeup and harsh skin products.** Makeup should not be applied as it may irritate the skin further. It is best to use as little product as possible on your face after treatment.

- After 24 hours, if the redness is gone, makeup can be applied.
- You should also avoid topical facial medications such as anti-acne creams. After 24 hours, if the redness has disappeared, you can start using these products again.

Report any signs of infection including abnormal redness and/or visible swelling, increased/abnormal pain, puss, fever, or any other symptoms that cause concern, IMMEDIATELY to us.

Contact numbers are 289-668-4218 & 647-968-4218

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Questions about the Pre & Post Care? Call us at 647-968-4218