

Laser Pigmentation Reduction Home Care

One week prior to treatment:

Please discontinue use of Vitamin A serums and creams.

Be sun safe and wear SPF

Day of treatment:

Just cleanse and wear SPF

Avoid excessive sun for at least six weeks after your course of treatment. Use a broad spectrum sunscreen whenever the area is likely to be exposed to the sun. After facial treatments we recommend wearing a hat while in the sun, in addition to sunscreen.

There may be some redness and swelling to the treated area.

Applying an ice pack will soothe the area. Sleeping on several pillows may also help to reduce any persistent swelling.

If crusting occurs, Occlusiderm should be applied twice daily to keep the area moist.

The crust should be allowed to fall off naturally.

DO NOT PICK.

If there is any indication of infection, please contact me or see your GP.

You can bathe as usual after treatment.

The treated area should not be rubbed with a face cloth or towel. It should be gently patted dry.

Moisturiser may be applied frequently if your skin feels dry or if it is crusting.

Do not shave/wax the area for a few days after treatment as your skin may be sensitive.

Do not shave/wax at all if crusting is present. Make-up can be applied after treatment if desired.

Extreme caution should be used when applying or removing make-up as treated areas are very delicate.

Applying and removing make-up roughly can expose the treated area, increasing the chance of infection and scarring.

Avoid swimming, sports and strenuous exercise for at least 24 hours after treatment

Once crusting and redness has subsided please continue use of skincare as discussed in your consultation prior to treatment.