

LASER PIGMENTATION REMOVAL TREATMENT CARE

AFTER YOUR TREATMENT

WHAT TO EXPECT:

- The area treated can be very warm, red and swollen for 2-4 hours immediately after treatment. The sensation can feel similar to moderate sunburn.
- The redness may last up to 3 days, and the skin may feel like it has a mild-moderate sunburn, in sensitive individuals, this may last longer, or feel more intense.
- It is normal for the skin to feel uncomfortable, hot and irritated after your treatment.
- If the skin is uncomfortable, you can apply the recommended aftercare, e.g. aloe and a cool pack (not ice). You may take paracetamol to relieve mild discomfort/pain.
- After your treatment, the pigmentation will appear darker. It is expected to form a micro-crust. It is very important not to pick at the skin, or try to remove the pigmentation.
- Anywhere from 5-20 days after the treatment, the pigmentation will start to shed, flaking off like dry skin and revealing new skin cells underneath. It is important to keep the area hydrated. Do not pick, aggravate, or try to remove it yourself.
- Use a minimum SPF 30+ at all times during the course of your treatment.

FOR THE NEXT 24-48 HOURS:

NO SUN, NO HEAT... FULL STOP

- NO EXCESS HEAT - exercise, saunas, hot showers, electric blankets, steam, hair dryers etc. Layering excess heat on top of the laser energy is the key danger factor.
- DO NOT expose the area to UV light (sun exposure or the use of tanning beds).
- Do not use any active skin care e.g. retinol, AHAs or vitamin C for at least 7 days.
- No physical exercise, gym or sports.
- Do not shave, wax, tweeze, bleach or pluck hair in the area.
- Do not use perfumed products, creams etc. other than the aftercare recommended.
- Avoid wearing tight fitting clothing and itching.
- Keep the area clean and dry.
- Avoid swimming in strong, chlorinated water.

BETWEEN VISITS

- DO NOT expose the area to UV light for the duration of the course. Actively tanned skin cannot be treated.
- Use sunscreen ALWAYS - minimum of SPF 30+.
- Do not use self tan products for at least 3 days after your treatment and at least 2 weeks prior to your next treatment.

If you have any questions or concerns, please contact us on 0800 633 066 or email your local OFF & ON branch.
www.offandon.co.nz

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