

LASER RESURFACING

Post-Treatment Instructions

Protecting your new skin:

- Your refreshed, revitalized and healthy new skin (epithelium) will start to form within 24 hours, but it will remain covered by the old skin (stratum corneum) for 4 -14 days.
- During this time, accelerated exfoliation will reveal the repaired epidermal tissue and new skin. You should avoid injury to your skin and any sun exposure. It is crucial to use a dual UVA/UVB product such as SPF 30 or higher reapplied every 2 hours when exposed to direct sunlight for at least the next six months.
- Most importantly, while you are having ongoing Pro-fractional treatments, you should avoid direct sun exposure and wear sun-protective clothing such as a hat.

Itchiness/Dryness of the Skin:

- These are common symptoms once the skin has healed initially. Flakiness and dry crusting will gradually clear. Avoid touching any dry or flakiness on the treated areas.
- To relieve itchiness mix 1 tsp of vinegar with 1 cup of cool water. Soak a clean face cloth and press onto treated area.
- Do not use any abrasive cleansers or brushes and use of gentle moisturizers and sunblocks will soothe the affected area.
- In severe cases, take an antihistamine like Benadryl or Claritin.

Redness:

- Most clients will appear to have a “sunburn” effect for 2-3 days, which will then fade to pink. You can cover this with makeup if desired.

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!