

Post Laser Skin Care

- **General**
 - Treated skin is red, much like a sunburn
 - Swelling may occur depending on aggressiveness of treatment
 - Use gentle soap or cleanser (such as Cerave, Cetaphil, or Epionce)
 - Apply a steroid cream, emollient (e.g. Aquaphor), or Epionce barrier cream twice a day x3 days until redness subsides, then daily cream moisturizer
 - Make-up such as mineral based or Lycogel (acne control if prone to breakouts) can be used for camouflage and SPF
 - Take antiviral pills prescribed by MD if prone to cold sores/fever blisters with sunburns
 - OK to go back on retinoids in one week
 - Avoid direct sun exposure. Use daily moisturizer with SPF 30

- **For Blood Vessel Treatments**
 - Redness usually lasts up to 24 hours
 - Any bruising should resolve within one week
 - Blood vessels responding to treatment (usually 25-30% per treated field) will “seal” shut in 4-8 weeks

- **For Pigmented Lesions**
 - Pigmented spots should gradually get darker over the first 48-72 hours
 - The “spots” will slough off with normal skin cell turnover (usually 2 weeks depending on the location). Gentle exfoliation can often speed up the process but is not necessary.

- **For Laser Hair Removal**
 - Affected hairs will be pushed out of the follicle and will appear to be “growing”
 - Redness (much like razor burn) may persist for a few days and can be calmed with over the counter strength steroid cream
 - Treatments should be repeated monthly until maximum growth suppression has been achieved (usually 3-6)
 - Avoid any depilation other than shaving at least 2 weeks prior to your treatment (the hair must be in the root for the laser to be effective)