

Von Lux Medical Aesthetics

627 Capitola Ave, Suite A. Capitola, CA 95010

1540 NonAblative Laser Post-Treatment Guidelines

- Avoid heat and cool the skin during first day or treatment. **Application of cool gel packs** can help alleviate post treatment itchiness and tingling that may occur.
 - As healing occurs, **avoid injury, heat, and sun exposure for at least two weeks.**
 - Use covered or wrapped icepack and use only 10-15 minutes intervals.
 - Edema (swelling), and sometimes blanching (white appearance), is expected immediately post treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some clients. **Eating fresh pineapple (contains the enzyme bromelain) post-procedure has been shown to speed healing and reduce swelling.**
 - Sleeping with your head slightly elevated will help reduce likelihood of puffiness.
- **SPF 30 or higher** containing UVA/UVB protection with sun blockers such as zinc oxide or titanium dioxide are recommended up to 6 months following last treatment.
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment.
- Those prone to acne outbreaks should avoid heavy makeup or moisturizers for 24 hours post treatment.
- To help remove debris and bronzing of skin that can appear 1 to 4 days after treatment, soak treated areas for 5 – 15 minutes with wet wash cloth, and then gently remove debris softly with fingertips. **Do not pick at or scrub the treated areas as this can result in scarring.**
- It is suggested that retinoids (Retinol, Retin-A, Atralin, etc.) be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- **Stretch-marks & Scar Treatments:** Avoid tight-fitting clothes around the treated areas for three (3) months after the last laser treatment.
- Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 3-5 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers (Cetaphil, etc.) may provide some relief.

We are here to meet your needs throughout the course of treatment. It is our goal to provide the best care possible to our patients. Please contact our office immediately should you have any concerns of infection or improper healing.