

POST-TREATMENT GUIDELINES

- Application of cool gel packs and topical creams immediately following treatment can help alleviate post-treatment itchiness and stinging that may occur.
- Edema, and sometimes blanching, is expected immediately post-treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some clients.
- Those being treated may experience significant redness, broken capillaries, and bronzing in the treatment area for approximately 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. It is suggested that the retinoids 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.
- Those prone to acne outbreaks should avoid heavy make-up or moisturizers for 24 hours post treatment.
- It is essential to avoid injury and sun exposure for at least two weeks following treatments. It is highly recommended that clients use a sunscreen with SPF 45 or higher containing UVA/UVB protection between treatments, along with a sun blocker such as zinc oxide or titanium dioxide.
- Those being treated should continue to use SPF 45 or higher up to 6 months following final treatment whenever they are outside.
- Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.
- Advise the person being treated to contact the treatment provider if there are any issues or concerns following the treatment.

POSSIBLE SIDE EFFECTS

- Transient erythema and/or edema immediately after treatment. These side effects are desirable clinical end-point.
- Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This side effect is a desirable clinical end-point.
- A low risk of prolonged itching, redness, and blistering.
- Hyperpigmentation, hypopigmentation, burns, bruising, or blistering may occur, some of which may result in scarring. These complications are usually due to stacking pulses, or utilizing too many passes at higher energy levels.
- Risk of infection following treatment, potentially resulting in side effects mentioned above.
- Acne breakouts.

Advise clients to call their treatment provider if any of the above occur.