



### **Laser Blush Post Care Instructions**

The following instructions will help you achieve the best results from your Laser Blush treatment.

- You may experience mild swelling and redness with a mild sunburn sensation up to 24 hours after the treatment. Do NOT use a cool compress or other cooling methods. This procedure uses a laser to generate heat in the deep tissues of the skin to correct scarring, reduce pore size, reduce general redness and stimulate collagen. It is important to help maintain that heat and avoid artificially cooling the skin after the treatment.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine (Benadryl) to alleviate this irritation, which should settle after a few hours. Keeping the skin hydrated will also reduce any discomfort.
- Avoid activities that can cause flushing (exercise, hot tubs, sauna) for 24 hours after the treatment (or until swelling resolves).
- Use a mild cleanser free of acids (Glycolic, Salicylic) for 24 hours.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid, Retin- A, Retinol, and Vitamin C for 24 hours.
- Use a sunblock (UVA/UVB) of at least 30+ on the treated area daily. Avoid direct sunlight and wear protective clothing.
- Blistering and bruising can happen, but is very rare. Please be sure to notify us of this occurrence so that we may guide you in the appropriate steps for healing.

You should see noticeable results within 3-4 weeks as collagen is being stimulated. The best results will typically appear after 3-6 treatments, depending on the condition of your skin and what concerns are being addressed. The number and frequency of treatments will depend on your skin type, any problems that you are experiencing (acne/redness), and the desired result. Maintenance sessions are highly encouraged to maintain results.

Please call Blush and Grey at 719-728-2878 if any questions or concerns should arise.