# LASER AFTERCARE

You will need to come back for every session every 4-6 weeks until you are satisfied with the results.

You may feel and see some Erythema, this is completely normal. Use calendula oil or aloe vera to help soothe or use a *cool* compress. Generally Edema and Erythema will go away within 48hrs. Treat the area as a sunburn within the first 24hrs. Constantly be moisturizing the area treated with a fragrance free, lightweight cream. If you do not use cream you may use aloe vera. If you are unsure about the products you are currently using please ask the technician or use the "Butter Balm" for purchase.

If you get the pigmentation reduction you will see the area turn darker immediately. This is normal! It must go darker, then flake off like dry skin within 7-14 days before you see it get lighter. Do not pick or scratch off any flaking!

Do not use Saunas, hot tubs, and pools after treatments.
Do not get any facials or skin peels within 3 weeks of treatments (on the treated area). Do not wear any makeup on or around the treated area for 72hrs after treatments.

No UV before and after treatments. If you are outside please wear a minimum of spf 30 for small periods of time. Being exposed to the sun before and after sessions may change your skin and therefore change the outcome and cost more sessions. This includes self tanning lotions and tanning beds. If you have been using self tanner or tanning beds please speak to the technician as it is very important for the technician to use the correct settings therefore not damaging your skin. Allow 4-6 weeks of no sun exposure before appointments. 1-2 weeks of self tanning before treatments (exfoliation everyday to get rid of pigment)

Do not use anti-aging products or exfoliation products on or near treated areas between treatments and after touch up for seven days. These include: Retinol, Retinal, Vitamin C, Niacinamide, AHA, BHA, Ceramides, Salicylic Acid, Glycolic Acid, Vitamin E, Vitamin A. If you are unsure, please feel free to contact technician. Please wait 7 days before applying any topical active ingredients before/after treatments. After 7 days people have found it beneficial to use retinol or collagen to help boost the work.

Any medications you are taking or will be you must tell your technician. We have a cheat sheet on what isn't safe to use when doing laser. Not telling your technician may result in permanent damage. Do not take iron supplements 1 week prior to your appointment.
If you plan to be pregnant you may lose any results we've achieved. If you find out you are pregnant tell your technician. Laser is not safe for the fetus and it may change your skin and hair type.

Products and medications such as asprin, anti-inflammations, and blood thinners increase the risk of bleeding. Non-prescription herbs and dietary supplements can increase the risk of bleeding. It is recommended that you avoid taking any blood thinners seven to fourteen days prior to and/or after treatment. Speak to your provider before stopping any medications. Scarring is a rare occurrence, but it is a possibility whenever the skin surface is disrupted. To minimize the chances of scarring it is IMPORTANT that you follow all post-treatments carefully.

It is very beneficial to stay hydrated prior and post treatments as this will help reduce any risks.

**Shey's Laser & Esthetics** sheylyn.esthetics@gmail.com 1-(306)-895-3395