

INSTRUCTIONS FOR LASER, YAG AND IPL AFTER CARE

- Use sunscreen and protection with wide brim hats, umbrellas and clothes. Prolonged sun exposure is to be avoided for 4 weeks before and after treatment. If, however, this cannot be done, then total sun block, not a sunscreen, should be applied. If further treatment is needed a **commitment to stay out of the sun is necessary. Sunscreens should be at least 30SPF and re-apply every ninety minutes. Sun exposure or tanning can cause dark and light streaks on the skin which can take a few months to disappear.**
- Cleanse and moisturize twice a day with a gentle cleanser or soap.
- Do not get hair spray on the treated area.
- Avoid aggressive skin care treatments like Retin-A, Hydroquinone, Glycolic Acid for 24 hours.
- No microdermabrasion or PCA peels for two weeks.
- Cold packs, aloe-vera or any other cooling preparation may be used to ease temporary discomfort.
- Resume skin care program after 3 days.
- Make up can be applied immediately.
- Bruising is not uncommon and will go away.
- Exercise should be avoided for 24 hours.
- Alcohol is ok to consume.
- No bath tub, Jacuzzi, whirl pool or swimming pool for 48 hours.
- If the skin is broken or a blister appears apply an antibiotic ointment and notify our office. The area should be kept lubricated to prevent crusting or scabbing of tissue.
- If you had hair removal done, you can resume shaving or trimming with scissors but do not bleach, wax, thread, pluck or use depilatory creams. Return for next session when there is good amount of thick new hair growth. It typically takes 6 to 12 weeks depending on the area treated.

Please call us if you have any questions or concerns.

Janjua Facial Surgery

Tel: (908) 470-2600

Email: Janjuafacialsurgery@gmail.com