

These post-treatment care instructions are intended to guide you through the treatment process and get you on your way to gorgeous!

You have received an Avène SOS Skin Barrier Recovery Routine kit with your treatment that includes a gentle cleanser, moisturizer, thermal spring water facial mist, and SPF.

For general post-treatment discomfort, an over-the-counter oral pain reliever may be recommended by your provider. If an anti-viral was prescribed, continue to take as directed. Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.

Please do not hesitate to contact us at (414) 375-5005 with any questions.

TIPS & TRICKS

- Use soft cloth and soft towels to avoid any scrubbing
- Makeup can typically be worn once the peeling process is complete
- Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation
- When showering, avoid getting shampoo directly on the treated area
- Avoid strenuous exercise and sweating until after skin has healed

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POST TREATMENT SKIN CARE:

CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. **DO NOT** rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZING:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. **DO NOT** apply any other products that were not instructed by your provider - eg. essential oils, coconut oil, etc.

SUNSCREEN

Sunscreen is a **MUST** and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

WARNING:

There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately.

Signs of infection include:

- Drainage that looks like pus
- Increased warmth at or around the treated area
- Fever
- Extreme itching

WHAT TO EXPECT AND WHAT TO DO:

FEELING OF WARMTH

WHAT TO EXPECT

The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.

WHAT TO DO

Cold compresses may provide comfort during this time. A mineral water spray will provide some relief and much needed moisture to the skin.

REDNESS (ERYTHEMA)

WHAT TO EXPECT

Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the intensity treatment.

WHAT TO DO

Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.

MENDS

WHAT TO EXPECT

MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin.

WHAT TO DO

MENDs are part of the healing process. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. **Do not pick at your skin.**

SWELLING (EDEMA)

WHAT TO EXPECT

Swelling is common and expected immediately after treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.

WHAT TO DO

Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 2-3 nights after the treatment.