



## YOUR POST CARE INSTRUCTIONS

### SPECTRUM LASER

#### ◆ Immediately After Treatment

Expect redness, mild swelling, and a sunburn-like sensation for 24–48 hours.  
A light crust or flaking may form as the skin begins to heal.  
Avoid touching, picking, or scratching the treated area.

#### ☐ Skin Care

Gently cleanse the area twice a day with a mild, non-irritating cleanser.  
Apply a **soothing moisturizer or post-laser recovery cream** as directed by your provider.  
Avoid using products with **retinoids, acids (glycolic, salicylic), exfoliants, or fragrances** for at least 7–10 days.  
Keep the skin hydrated and avoid letting it dry out.

#### ☀️ Sun Protection

**Avoid direct sun exposure** for at least 2 weeks.  
Apply a **broad-spectrum sunscreen (SPF 30 or higher)** daily, even when indoors or on cloudy days.  
Wear a wide-brimmed hat and protective clothing if going outside.

#### 🧑 Activities to Avoid

No makeup on the treated area for **24–48 hours**, or until skin has healed.  
Avoid hot showers, saunas, steam rooms, and intense workouts for **48–72 hours**.  
Do not use self-tanning products or bleach/depilatory creams until fully healed.

#### 🕒 Healing Time

Healing may take **3–7 days**, depending on the intensity of the treatment.  
Mild flaking or peeling is normal—let the skin shed naturally.

#### 🚨 When to Contact Us

Please contact the clinic if you experience:

- Excessive swelling
- Blistering
- Signs of infection (pus, increasing redness or pain)
- Any unexpected or concerning reactions

**Call us at (346) 539-2104** to book your follow-up or if you have any questions or concerns.