



Dream Aesthetic
by Dr. Ortiz

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.