

Avoid direct sun exposure as much as possible during your recovery. A hat and physical sun protection are strongly recommended when outdoors.

The night of

If your skin feels warm or uncomfortable, you can apply cool, damp towels to the treated area as needed. Keep the towels cool rather than icy, and never apply ice directly to your skin.

First 48 hours

Gently cleanse your skin with SkinCeuticals Simply Clean, Dermaviduals Total Cleansing Cream or Dermaviduals Cleansing Milk Cleanser and lukewarm water. Use your fingertips only, no cleansing brushes, face washers or scrubbing.

Keep your skincare simple. Apply a gentle moisturiser to help support the skin barrier and relieve any dryness or tightness.

Day 3 to 7

AM

- 1 Gently cleanse with SkinCeuticals Gentle Cleanser and lukewarm water.
- 2 Follow with your recommended gentle moisturiser to keep the skin hydrated and comfortable.
- 3 Finish with a broad-spectrum SPF 50+ every morning.

PM

- 1 Gently cleanse with SkinCeuticals Gentle Cleanser, using your fingertips and lukewarm water.
- 2 Apply your recommended moisturiser to help support the skin barrier and reduce dryness or tightness.

Do not exfoliate for 2 weeks. This means no scrubs, exfoliating brushes, AHA/BHA acids, peels or other exfoliating treatments.

Week 2 to 4

Once you have passed the first 2 weeks and your skin has completely settled, gentle exfoliation can be reintroduced if it is appropriate for your skin.

What signs mean I should call you or see a doctor? Please contact us immediately if you experience:

- Severe, worsening or persistent pain that is not settling.
- Blistering or significant skin lifting in the treated area.
- Open, weeping or broken skin.
- Significant swelling, particularly if it is increasing rather than settling.
- Severe or rapidly increasing redness or heat in the treated area.
- Marked changes in skin colour that concern you, particularly grey, white or unusually dark areas beyond the expected treated pigmentation.
- Signs of infection, including increasing pain, swelling, warmth, pus or spreading redness.
- Any reaction that feels significantly different from what we have explained to you or causes you concern.

If you cannot reach me and you are worried, see your GP or go to your nearest emergency department. In an emergency, call 000.