

Laser Pigmentation Removal Aftercare 0400 477 855

For these first 48 hours, think cleanse, hydrate, protect and leave it alone.

The night of

If the treated area feels warm or uncomfortable, you can use a cool, damp towel for a few minutes at a time.

Do not place ice directly onto the skin and do not use frozen packs directly over the treated area.

Apply the gentle moisturiser recommended by us to keep the skin comfortable and support the skin barrier.

Do not pick, scratch, rub, peel or attempt to remove any darkened pigment or crusted areas. Allow your skin to naturally progress through its healing process.

First 48 hours

A M

- 1 Gently cleanse with Dermaviduals Gentle Cream Cleanser and lukewarm water.
- 2 Apply Dermaviduals Base Cream to keep the skin comfortable, hydrated and supported while your skin settles.

P M

- 1 Gently cleanse again with Dermaviduals Gentle Cream Cleanser and lukewarm water.
- 2 Follow with Dermaviduals Base Cream and serums as directed.

Please avoid heat, excessive sweating and friction. This means no saunas, steam rooms, hot baths, very hot showers or strenuous exercise.

Day 3 to 7

This is the stage where I want you to stay consistent and resist the temptation to help the pigment come off. Let your skin do the work naturally.

Finish with your SPF 50+ and reapply throughout the day when you are exposed to sunlight. Avoid direct sun wherever possible and use a hat or other physical protection when outdoors.

Do not exfoliate during days 3 to 7.

Week 2 to 4

Apply your SPF 50+ every morning, generously and consistently. Reapply when you're outdoors or exposed to sunlight.

Once you have passed the first 7 days and your skin is completely healed, with no crusting, open areas, significant sensitivity or active flaking, gentle exfoliation can be reintroduced if we have recommended it for you.

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

- Severe, worsening or persistent pain
- Significant swelling that is increasing
- Blistering or significant skin lifting
- Severe or rapidly worsening redness or heat
- Open, broken or weeping skin
- Increasing pain, swelling, warmth or discharge

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

I am a cosmetic skin practitioner. I am not a doctor or a nurse, and I do not diagnose skin conditions.

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