

## Post Procedure Instructions

*For Lasemd Ultra, Genius RF, Ematrix/Sublative, SkinPen*

- Swelling and redness are immediately noticeable after the treatment and may last 2-3 days. Once the swelling and redness improve, you may notice a sandpaper like texture to your skin which is normal and will resolve on its own over 7-14 days.
- Wash your skin with a gentle cleanser. Use your hands but not a washcloth or automatic brush (i.e. Clarisonic). We recommend Hydrating Cleanser from CeraVe.
- If you were given a steroid ointment, apply a small amount to your skin on the evening of the procedure and the morning after your procedure.
- After you wash your face, apply a moisturizer (Healing Ointment from CeraVe), SPF 30+ broad spectrum physical/mineral sunscreen. Physical sunscreen is less irritating than a chemical sunscreen post procedure. Use a gentle cleanser, moisturizer and sunscreen for the first 2 weeks after the procedure. Everyone's skin is different. You can start your normal skincare regimen once your skin has completely healed.
- Avoid sun exposure (beach, pool, boat, outdoor sports) for 2-4 weeks after the procedure. If you need to go out in the sun, please apply sunscreen, reapply it every 2 hours, and use other protection such as a hat.
- Makeup can be applied 24 hours after the procedure.
- Do not pick or scratch at the little scabs on the skin. They will fall off on their own, approximately 7-14 days after the procedure.
- Avoid excessive heat to the skin such as with a hot shower, whirlpool, steam room use. Avoid for two days following treatment. Showering with lukewarm water is okay.
- Do not do anything that will make you sweat (i.e. gym, running, biking) for 2 days after the procedure.
- If you have questions or concerns after the procedure, text us at **(786) 460-3496** or call our office.