



## Aftercare Instructions for Laser Treatments

1. Immediately after your laser treatment, there may be mild redness and slight swelling, and the area treated may feel like a sunburn. This is normal and may last up to 14 days after the treatment. To alleviate discomfort, apply Vitaclude (available from Smooth Skin Centers) or aloe. No reaction is also normal. **RESIST STRENUOUS EXERCISE FOR AT LEAST THREE DAYS.**
2. If you have had a treatment on your face or legs, we recommend you sleep with the treated area elevated on extra pillows for a few days after your treatment to reduce swelling.
3. Use of sun block rated at 15 SPF or higher is recommended.
4. Do not use Retin-A, topical vitamin A, or Accutane during your laser process. Any of these could thin the skin, lessening the effectiveness of your treatments.
5. Do not exfoliate, use drying astringents, scrubs, or Alpha/Beta-Hydroxy acids on the treated area while it is healing, as this will cause irritation and could damage your skin.
6. You may shower after your laser treatment, using mild soap and water. Pat the skin dry.
7. Makeup may be used after your treatment, if the skin is not too irritated. If skin is crusted or scabbed, we recommend that you refrain from applying makeup on the area to reduce risk of infection.
8. If you had **veins or tattoos** treated, they may be bruised, red, and/or swollen. This is normal. If your leg veins were treated, wear compression stockings or an Ace Bandage for the first 72 hours following the procedure, and then when you are on your feet during the next two weeks. Follow your technician's recommendations for best results. Keep the tattoo clean and dry.
9. If you had a treatment for **acne, scars, other skin redness, or tattoo removal**, there may be bruising that could last for up to 4 weeks. This is normal. To alleviate discomfort, follow your technician's recommendations for best results.
10. If you had a **brown spot or tattoo removal treatment**, crusting or scabbing may form over the treated area. This is normal. Allow spots to dry out so a scab can form, then avoid picking or scratching while it is healing to avoid scarring.
11. Additional treatments may be necessary for best results.
12. If you have an appointment scheduled, we require a 18-hour notice if you need to cancel or change your appointment. Without this notice you will be charged at least \$35.
13. Side effects may occur, such as scarring, burns, blistering, or extended healing time, especially if you fail to follow these instructions. PLEASE contact us with any concerns ASAP. Please allow us to make recommendations for treatment before you seek outside advice.
14. We do not issue refunds for unused or unwanted procedures, or for procedures for which you've already received.

**If you have any questions or concerns, please contact us at 303-750-3100.**