

**AFT POST-CARE Instructions**

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

Until sensitivity has completely subsided, avoid all of the following:

- Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and hairspray
- Hot or cold water – wash with tepid water
- Shaving & aggressive scrubbing
- Swimming pools and spas with multiple chemicals/chlorine
- Activities that cause excessive perspiration

A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.

Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling.

Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.

In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring. If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.

Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

If in the middle of a series of AFT/Vein treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.

Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart.

*Please contact us with any questions or concerns.*

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