

What to expect after your treatment



CLEANSING

Cold water may be used for the 1st day post treatment. After day 1, it is important to maintain clean skin. Be sure to use a simple and gentle cleanser. Do not use excessive pressure when washing. Talk to your provider about the products they recommend for you.



SKINCARE REGIMEN

To ensure optimal results from your treatment, your provider will consult with you on best skincare products and practices post treatment.



EXERCISE

Avoid exercise and increasing your heart rate for 1 - 3 days post treatment, and per your clinician's direction.



SUN EXPOSURE / SPF + MAKE-UP

Avoid direct sun exposure for a minimum of 3 days. Should you be outdoors, you can apply a SPF starting 24 hours post treatment. In addition, you may apply makeup 24 hours post treatment - just make sure to cleanse accordingly.