

AVICENNA

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AFTER-CARE INSTRUCTIONS

For

FSR & Laser Genesis Procedures

Please follow the instructions below in addition to any explained to you during and/or after your treatment. Failure to follow the after-care instructions may result in skin damage for which the Clinic takes no responsibility.

1. Immediately after each treatment:

- a. There may be redness and swelling at the treatment area; in some cases it may feel like mild sunburn. Application of aloe vera gel during the first few hours after treatment should reduce redness and discomfort.
- b. Discomfort can also be reduced by applying cold water. Application of ice and iced-water is not recommended. Avoid use of hot water.
- c. Avoid sun exposure to reduce the chance of hyperpigmentation. Use sunscreen SPF 50 **at all times** throughout the course of the treatment.
- d. Avoid picking or scratching the treated skin area as it can leave marks/scars, which in some cases may become permanent.
- e. To avoid infection, do not touch the treated area with unclean hands and towels.
- f. Avoid hot baths, steam rooms, saunas, and heat treatments and treat the skin gently, as if you had sunburn.
- g. Avoid using any creams, especially those containing Retinol or Glycolic acid, for 7 days after treatment. Only apply a moisturizer (morning & evening) and the sunscreen SPF50 (morning).

2. During the course of treatments:

- a. Anywhere between 2-5 days after each treatment session, shedding of the surface micro-crusts may occur. Treat the skin gently and apply a good moisturizer in the morning (before the sunscreen) and the moisturizer at night. Application of petroleum jelly at night is useful in reducing discomfort.
- b. Avoid hot baths, steam rooms, saunas, and heat treatments.
- c. Use a moisturizer and the SPF 50 sunscreen when outdoors.

3. After the treatment course has been completed, it is recommended that you continue to use a sunscreen with SPF 50 to avoid the UV rays of the sun from damaging your skin.

FOR ANY QUESTIONS OR WORRIES YOU MAY HAVE PLEASE CALL THE CLINIC on 020 7935 3057.