



Post-Treatment Instructions Medical Spa

Post-Treatment: IPL

- Avoid unprotected sun exposure for at least 14 days after your IPL photo rejuvenation session. The skin is especially sensitive during healing, and re-damaging the skin is possible during this time.
- If possible, do not apply makeup immediately after treatment. It is best to allow the skin 12 hours of rest before applying any products.
- Do not take hot baths, hot showers, or use hot tubs for at least 48 hours. Warm showers are acceptable but avoid overheating the skin while it recovers from the heat and light energy used during IPL treatment.
- Avoid strenuous activity or exercise for 48 hours after the photo facial session, as overheating the skin can reduce the positive effects of treatment.
- Do not scratch or pick at the skin during recovery. As blemishes surface, allow them to flake off naturally. Picking the skin may cause scarring where a brown spot previously existed.
- Avoid products or supplements high in Vitamin A, including retinoic acid, glycolic acid, tretinoin (Retin-A), Accutane, and alpha-hydroxy acids.

Post-Treatment: Ultherapy

- Most patients may return to their normal daily activities immediately after Ultherapy.
- Immediately following treatment, redness (erythema), mild swelling, slight tenderness, tingling, numbness, or occasional minor bruising may occur.
- Do not apply ice or cold compresses to the treated area for the first 12 hours after treatment.
- Some patients experience temporary swelling. We recommend sleeping with your head elevated on several pillows for the first 2–3 nights to help reduce swelling.
- Mild tenderness, swelling, and bruising along the jawline are normal and may last for several days, and occasionally longer.
- Some patients may experience bruising. If significant bruising occurs, oral or topical Arnica may help minimize it. Arnica may be purchased at reception. Ideally, Arnica should be started two days before the procedure.
- Temporary welts may occur and usually resolve within a few days. In rare cases they may last longer. If this occurs, apply ice for 5–10 minutes each hour.
- Temporary numbness or shooting sensations, especially around the brow bone area, may occur. These sensations typically resolve on their own. Please contact our office if you have concerns.



- Wash the treated skin with cool water and a gentle cleanser.
- Sunscreen or makeup with SPF may be applied immediately after treatment.
- Regularly used skincare products may be resumed as desired after treatment.

Post-Treatment: Laser Hair Removal

- Avoid extended UV exposure for 7 days after treatment.
- If blisters occur, do not puncture them. If the skin breaks, apply an antibiotic ointment until healed.
- Tylenol is recommended for post-treatment discomfort.
- Over-the-counter pain medication may also be used for discomfort. You may apply Restorative Gel (preferred), cool towels, ice packs, or aloe vera to relieve heat-related discomfort.
- Avoid seat warmers immediately after treatment, especially if the treated area is sensitive.
- Avoid additional laser treatments or chemical procedures on the treated area for at least two weeks or until healing has occurred.
- Use a broad-spectrum UVA/UVB sunscreen with SPF 30 or higher when receiving laser treatments and continue regular use for maintenance.
- If you experience sensitivity or irritation, apply an ice pack. You may also apply over-the-counter 1% hydrocortisone to the area.
- If you experience side effects such as hypo- or hyper-pigmentation, prolonged redness or swelling, histamine reactions, or blistering, contact our office for treatment instructions.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.
- Maintain skin hydration by applying a gentle moisturizer immediately after treatment.
- Use a gentle cleanser with warm water twice daily.

Post-Treatment: SkinPen / Microneedling

Immediately After Treatment

- Your skin may appear as though you have a moderate to severe sunburn.
- Your skin may feel warm and tighter than usual.
- Mild swelling may occur. These effects are normal and typically subside within 1-2 hours, often resolving within 24 hours.
- Mild redness may remain after 24 hours, usually in small areas or spots.

Care After Treatment

- Do not wash your face for 12 hours after treatment. Use tepid water during the first 24 hours to rinse the treated area.



- After 24 hours, use a gentle cleanser for the next 72 hours and gently pat the skin dry. Always ensure your hands are clean before touching the treated area.
- Apply the SkinPen® lubricant provided to maintain moisture during the first 24 hours.
- Makeup or sunscreen should not be applied for the first 24 hours after treatment.
- Do not apply makeup using unclean brushes.
- After the first 24 hours, apply a broad-spectrum UVA/UVB sunscreen with SPF 30 or higher for at least two weeks. A mineral (chemical-free) sunscreen is recommended.

What to Avoid

- For 3 days after treatment, avoid products containing Alpha Hydroxy Acids (AHA), Beta Hydroxy Acids (BHA), Retinol (Vitamin A), Vitamin C (low pH formulas), or other active skincare ingredients.
- Avoid direct sun exposure for 48 hours. No tanning beds.
- Do not swim for 24 hours after treatment.
- Avoid exercise or strenuous activity for 24 hours.
- Avoid sweating and gym environments for 72 hours.

Post-Treatment: VI / Skin Peel

For the most up-to-date instructions, please download the **VI Peel app** on your phone. The instructions below summarize those guidelines but may not reflect the most recent updates. Immediately after the peel, the skin may appear **tan, red, or yellow**. This is temporary and will fade within minutes.

Day One

- Do not wash, touch, or apply makeup or sunscreen for at least 4–6 hours while the peel remains on the skin.
- If excessive itching or irritation occurs before this time, gently wash the area with a mild cleanser and water. Do not rub with a sponge or washcloth.
- Benadryl may be taken if needed.
- After 4–6 hours, cleanse with a mild cleanser using hands only, then dry the skin thoroughly.
- Apply the post-peel retinoid towelette 30–45 minutes after cleansing, ensuring the skin is completely dry.
- If excessive dryness or stinging occurs, apply VI Derm Moisturizer or a light layer of 1%–2.5% hydrocortisone cream.

Day Two

Morning

- Wash gently with a mild cleanser.



- Apply VI sunscreen and/or makeup.

Evening

- Cleanse the skin 1-2 hours before bedtime.
- Apply the second post-peel retinoid towelette at least 1 hour before bed.

If dryness or irritation occurs, apply VI Derm moisturizer or hydrocortisone cream. Benadryl may be taken if needed.

Day Three to Five

Morning

- Cleanse with mild cleanser.
- Apply moisturizer and sunscreen before makeup.

Evening

- Cleanse and apply moisturizer.

Peeling typically begins around the mouth area first, then spreads to the rest of the treated area. Itching is normal and indicates healing.

Do not pick at peeling skin, as this may cause irritation, redness, or hyper-pigmentation.

Day Six and After

You may resume your regular skincare routine. If the skin remains sensitive, wait until irritation subsides before using stronger products. This may take up to two weeks.

Post-Treatment: HydroDermabrasion

- Avoid prolonged sun exposure or sunbathing for at least two weeks (and ideally indefinitely) to maintain treatment benefits.
- Injectables may be resumed after 24 hours.
- Waxing and depilatory treatments may be resumed after 48 hours.
- Avoid heat exposure (hot showers, saunas, intense cardio) for 24 hours.
- If possible, delay makeup application until the following morning.
- Prescription topical medications may be resumed after 48 hours.
- Over-the-counter acne medications may be resumed after 48 hours.

Post-Treatment: Dermaplaning

- Use a gentle cleanser and moisturizer at least twice daily for 7 days.



- Avoid sun exposure for at least 3 days. If exposure is unavoidable, apply SPF 30 or higher, wear a wide-brimmed hat, and seek shade.
- Continue daily sunscreen use for two weeks.
- Avoid excess heat (workouts, steam rooms, saunas) for 3 days.
- Avoid chlorine exposure for 24 hours.
- Avoid facial waxing for 7 days.
- Avoid Botox or dermal fillers for 2–4 weeks, depending on treatment area.
- Do not pick, scratch, or aggressively rub the treated area.
- Avoid scrubs, polishers, or aggressive brushes for 7–14 days.
- Serums may be applied, as absorption levels are increased after dermaplaning.
- Slight peeling, windburn sensation, or blotchiness may occur for the first few days.
- Skincare products may tingle or mildly burn for the first 2 days, which is normal.

Post-Treatment: Skin Tag / Mole Removal

- Treated areas may feel irritated, tender, or red after treatment.
- Temporary scabbing may occur, and scabs will gradually fall off with gentle cleansing.
- Do not remove scabs prematurely, as this may cause hyper-pigmentation or scarring.
- Avoid hot showers for 48 hours and swimming (pool or ocean) for two weeks.
- Clean the area gently 2–3 times per day using mild, alcohol-free products.
- Apply Aquaphor frequently to keep the area protected and prevent dryness.
- Avoid direct sun exposure. Apply sunscreen daily, even during winter or cloudy days.
- Avoid sun exposure during peak hours (11 AM – 5 PM). Do not use peeling or bleaching products for 28 days.
- Mild discoloration or pinkness may remain for 3–8 weeks as the skin heals.
- Please return for your complimentary review appointment at 8 weeks post-treatment.