



# ActiveFX/DeepFX Laser Resurfacing Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

## Post - Treatment

- Following your treatment, the area will be red and swollen over the next few days. Redness will last 5-7 days. Your skin will remain pink for a few weeks until completely healed.
- Vaseline will be applied to the area and it is vital that you continue to coat the area with Vaseline to prevent infection and drying of the skin - normally in the morning after cleansing and at night before bed is sufficient. It is vital that the skin does not dry out in the first 5 days following treatment. Make sure you wash your hands thoroughly before applying the Vaseline.
- On the day of your treatment you should commence the prescribed medication. An antibiotic to be taken for 5 days to prevent infection and an anti-viral to be taken for 5 days to prevent an outbreak of the cold sore virus.
- You must complete the course of medication which you have been prescribed. Failure to do so can result in a severe infection and even permanent scarring.
- For the first few hours after treatment you will feel heat and discomfort on the area treated. This resolves after a few hours. Rest for the remainder of the day following your treatment. You may take Paracetamol if needed.
- You can use a fan for cooling the area as needed, in the first 3 hours following your treatment and thereafter if required.
- Avoid using ice or touching the skin. Only touch skin when washing or applying Vaseline.
- You may experience some mild pain or discomfort in the areas treated. For any discomfort/pain regular painkillers can be taken.
- You may shower the next day (AVOID VERY HOT WATER ON THE TREATED AREA).
- Skin will be dry for the first few weeks while skin is healing.
- Apply normal skin-care, moisturiser & sunblock (50+) after the 5th day. It is essential that you attend your post treatment check-ups.
- Any signs of infection, pain, swelling or pus please contact the clinic immediately.
- To improve and maintain results you will be advised on homecare products at your check-up appointment.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.



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## Side Effects

- Normal side effects can include redness, tenderness, sensitivity, swelling, itchiness, dryness, pimples, cold sores and dryness.
- Skin pigment changes such as hyperpigmentation (brown/red discoloration) may occur in the treated skin over the first few weeks of recovery. This may take several weeks/months to resolve. Unprotected sun exposure in the weeks following treatments is contraindicated as it may cause or worsen this condition.

## Adverse Reactions

Adverse reactions although rare may occur such as prolonged redness, scarring, blistering, crusting, infection, hypopigmentation, hyperpigmentation and mottling of skin.

## IMPORTANT:

- AVOID Picking/Scratching/Rubbing (this can cause pigment changes and permanent scarring).
- AVOID perfumes for 10 days.
- AVOID saunas, steam baths, hot water or swimming for 10 days.
- AVOID sun exposure or sun beds for 6 months (on exposed areas sun block SPF50+ should be applied daily).
- AVOID topical exfoliation/scrubs for 4 weeks after treatment.
- AVOID active ingredients i.e. Retinol, AHA's for 4-6 weeks after treatment.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.