

Aftercare Instructions for Optimal Healing

To ensure a smooth healing process and optimal results, please follow these aftercare instructions carefully:

Healing Process

The healing process after treatment can vary between 5 and 15 days. It is normal to experience redness and swelling, which typically subside within 1-2 days. During the treatment, microscopic damage occurs in the skin, leading to the formation of scabs. To support healing, it is essential to keep the scabs clean with sterile water and ensure they remain well-moisturized.

Immediate Actions

- **Redness and Swelling:** The treated area may appear red and swollen. Itching may occur, but avoid scratching to reduce the risk of infection and scarring.
- **Peeling:** The skin may start to peel on days 2-3. At this stage, it is recommended to apply healing ointment several times a day.

Area Care

- **Keep the Area Clean and Dry:** Avoid soaking the treated area for the first 24 hours. Use clean bed linens and keep hair away from the face.
- **Avoid:** Showers, steam baths, and contact with tap water during the initial days. Refrain from using saunas, swimming, and engaging in intense exercise for at least 14 days.

Sun Protection

- **Protect Your Skin:** Avoid direct sun exposure for at least 4 weeks. Use a high SPF sunscreen (minimum SPF 50) and reapply several times a day.

Makeup and Products

- **Makeup:** Avoid using makeup on the treated area for the first 2-14 days.
- **Skincare Products:** Refrain from using AHA and exfoliating products for at least 3 months.

Signs of Infection

Be vigilant for signs of infection, such as a foul odor, yellow-green discharge, fever, or increased pain. If you suspect an infection or have any questions, please contact Nook Laser Studio immediately.