



Lase MD Ultra Patient Post-Treatment Instructions

- Patients may experience burning sensation for 1-2 hours immediately after the treatment.
- Cooling with an ice pack can provide relief to the treated area. Make sure to enclose the ice pack in sterile and dry gauze to prevent water from penetrating the tissue in the treated area.
- Keep the treatment area moisturized with proper aftercare products provided.
- After the first day, gently wash and pat the skin gently dry for the next week. Do not scrub the treated area for 1 week post treatment. Moisturize 2 times per day for 1 week post treatment. Usually, any crust will separate naturally within 5-7 days after the treatment.
- Do not use cosmetics which contain active ingredients such as Retinol or AHA after treatment (without prior permission from Confidence Med-Spa). *Can resume day 5
- Avoid exercising for the first week post-treatment or until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- For (at least) 20 days after treatment, apply UVA/B sunblock daily with SPF of at least 30 and PA+++ . Use an umbrella, hat or any other available protection against sunlight while spending time outdoors.
- Please contact Confidence Med-Spa with any questions or concerns.