**POST LASER TREATMENT INSTRUCTIONS**

**AFTER ANY LASER TREATMENT:**

A mild sunburn-like sensation is expected. This usually lasts up to 1 hour but can persist up to 72 hours. Mild swelling and/or redness may accompany this and usually resolves in 1-3 days. Apply cold packs to the treatment area to reduce heat. Oral non-steroidal inflammatory, such as acetaminophen (Tylenol), may be taken to reduce discomfort. In some cases, prolonged redness or blistering may occur. Antibiotic ointment (as Bacitracin) may be applied to the affected areas twice a day until healed.

Avoid bathing the same day, as treated areas may be temperature sensitive. Until redness has completely resolved, avoid all the following:

• applying cosmetics to treated area, though use moisturizer frequently;

* aggressive scrubbing, use of exfoliants, scrub brushes and sponges;
* avoid picking or scratching treated skin;
* avoid self-tanning crèmes and sunless tanning 2 weeks before and 1 weeks after treatment;
* avoid sun exposure to treated areas. Apply SPF-30 or greater sunscreen to prevent development of the pigmented lesions;
* activities that cause excessive perspiration;

• sauna, hot yoga, jacuzzi, hot tub & swimming, especially in pools with chemicals, such as chlorine.

**FOR HAIR REMOVAL:**

Immediately after the treatment there should be redness and bumps at the treatment area, which may last up to 2 hours or longer. Appearance of hair growth or stubble will continue for 2 weeks post-treatment. This is not new hair growth, but the treated hairs that are being expelled from the skin. 60-100% of the hair will shed in 2-3 weeks after treatment.

Tanning (including sunless) should be avoided two weeks prior to your laser session. Though tanning is permitted but more sessions may be necessary due to the change in skin pigmentation.

Do not use any other hair removal methods or products. Only razors or depilatory creams can be used on the areas during the course of your laser treatments.

**FOR TREATMENT OF PIGMENTED LESION(S) (brown lesions):**

Each brown lesion is treated individually. The lesion may initially look raised with a reddened perimeter. It will gradually turn darker over the next 24 hours. The lesion will stay dark for 4-14 days and gradually lighten up in 3-10 days. Do not pick, scratch or remove scabs. Repeated treatments may be performed every 2-4 weeks, if skin had fully recovered. Generally 3-5 treatments are needed.

**FOR VASCULAR LESION(S) TREATMENT (red or blue vessels):**

Cool treated area with cooling packs and apply soothing water-based ointments until redness resolves. Wear compression stockings (light compression) for a week post treatment. The vessel may undergo immediate graying or blanching, or may exhibit a slight purple or red coloring. The vessel will fully or partially fade in 10-30 days. Do not pick, scratch or remove scabs if occur. Repeated treatments may be performed every 30 days, if skin has fully recovered.

**FOR ACNE, SKIN TIGHTENING AND PORES REDUCTION TREATMENTS:**

The sensation of heat on treated area lasting up to 30 minutes post session is normal. Do not cool the skin.

If treated for acne there may be an initial flare up of acne, similar to the kind seen after a peel procedure, beginning of a new topical or oral acne medication. Some of the blemishes may form scabs. Do not pick, scratch or remove scabs.

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| **NOTES:** |
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