

**AFTER-CARE INSTRUCTIONS  
FSR & INTENSIF**

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**AVICENNA**  
aesthetics & wellbeing

Please follow the instructions below in addition to any explained to you during and/or after your treatment. Failure to follow the after-care instructions may result in skin damage for which the Clinic takes no responsibility.

**1. Immediately after each treatment:**

- a. There may be redness and swelling at the treatment area; in some cases it may feel like mild sunburn. Application of aloe vera gel during the first few hours after treatment should reduce redness and discomfort.
- b. Discomfort can also be reduced by applying cold water. Application of ice and iced-water is not recommended. Avoid use of hot water.
- c. Avoid sun exposure to reduce the chance of hyperpigmentation. Use sunscreen SPF 50 **at all times** throughout the course of the treatment.
- d. Avoid picking or scratching the treated skin area as it can leave marks/scars, which in some cases may become permanent.
- e. To avoid infection, do not touch the treated area with unclean hand towels, face masks, handkerchiefs, pillowcases, etc. Use disposable tissue paper and dab dry after washing.
- f. Avoid hot baths, steam rooms, saunas, and heat treatments and treat the skin gently, as if you had sunburn.
- g. **AVOID all** facial treatments such as laser hair removal, Microdermabrasion, waxing, dyeing, threading, etc. for at least 2 weeks after the treatment.

**2. Products & Make-up**

- a. For the first 7 days after the treatment, use only the Post-procedure kits from the clinic and as instructed. Do NOT use any other skincare products. Avoid using any creams, especially those containing Retinol or Glycolic and/or fruit acids.
- b. From 3<sup>rd</sup> day after treatment, use a mild scrub daily for at least 4 days or until the microcrustings fall off revealing a healthy skin. **Light make-up** can be applied from this point on.
- c. From the 8<sup>th</sup> day after treatment, you can start using other skincare products as advised by your practitioner.

**3. During the course of treatments:**

- a. Anywhere between 2-5 days after each treatment session, shedding of the surface microcrusts may occur. Treat the skin gently. To reduce discomfort, apply Aloe Vera gel at night. If your skin is on the dry side, a bit of petroleum jelly will help.
- b. Avoid hot baths, steam rooms, saunas, and heat treatments.
- c. Use a good moisturizer morning and evening. Use a sunscreen with SPF50 every morning (after applying the moisturizer) before going outdoors.

4. After the treatment course has been completed, continue to use a sunscreen with SPF 50 to avoid the UV rays of the sun from damaging your skin.