

**AFTER-CARE INSTRUCTIONS****For****FSR & Laser Genesis Procedures**

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 hands and towels.
- f. Avoid hot baths, steam rooms, saunas, and heat treatments and treat the skin gently, as if you had sunburn.
- g. Avoid using any creams, especially those containing Retinol or Glycolic acid, for 7 days after treatment. Only apply a moisturizer (morning & evening) and the sunscreen SPF50 (morning).

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

- a. Anywhere between 2-5 days after each treatment session, shedding of the surface micro-crusts may occur. Treat the skin gently and apply a good moisturizer in the morning (before the sunscreen) and the moisturizer at night. Application of petroleum jelly at night is useful in reducing discomfort.
- b. Avoid hot baths, steam rooms, saunas, and heat treatments.
- c. Use a moisturizer and the SPF 50 sunscreen when outdoors.

  

3. After the treatment course has been completed, it is recommended that you continue to use a sunscreen with SPF 50 to avoid the UV rays of the sun from damaging your skin.

**FOR ANY QUESTIONS OR WORRIES YOU MAY HAVE PLEASE CALL THE CLINIC on 020 7935 3057.**