

CUTERA LASER POST CARE INSTRUCTION

You have chosen to have the redness and/or treat the unwanted blood vessels on your face treated with the Cutera laser. It is very important to follow the aftercare instructions provided to you below. As a part of your treatment, it is very important to make sunscreen a part of your daily routine. This will protect your face after to treatment today and help protect your skin in the future.

IMMEDIATELY AFTER YOUR TREATMENT

It is normal to feel some irritation/sensitivity after your laser treatment. Some redness will likely be present immediately and may feel like a mild sun burn. Color and discomfort will vary and may last 24-72 hours. Swelling is a normal process and may vary from minimal to marked depending on the extent of areas treated and your individual response. Some may experience this shortly after treatment, later that day or the next morning. The most susceptible areas for swelling tend to be around the eyes. Please avoid significant sun exposure the day of your treatment.

ICING PROTOCOL

It is important to ice frequently throughout the rest of the day after treatment and the following day. This may be done 5-10 minutes at a time while taking 20-30 minute breaks in between. Try to stay in an upright position as much as possible for the day. To reduce swelling you may want to keep your head elevated with an extra pillow when lying down

RECOMMENDED PRODUCTS TO USE

For cleansing, please use gentle cleansers such as Cerave, Cetaphil, or Dove. Please use fingertips, do not use washcloths to scrub the areas. For best results please try to keep areas lubricated often with Aquaphor or Alastin Recovery Balm (available in our retail area or check out desk). Application of these agents may start the day of your treatment and continue until areas have completely healed. There are no restrictions regarding makeup. However, most people wait a few days after treatment, when the face is less sensitive.

- PLEASE AVOID SIGNIFICANT SUN EXPOSURE THE DAY OF TREATMENT. USE SUNSCREEN EVERY DAY AND REAPPLY EVERY 2 HOURS IF YOU WILL BE OUTSIDE.
- IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR TREATMENT AND HEALING, PLEASE CALL OUR OFFICE AT 317-516-5000 and select your providers extension, BETWEEN THE HOURS OF 8AM AND 4PM.