

# Post-Treatment Care Guide for Sunburn-Like Symptoms and/or Itchiness

After treatment, your skin may feel sunburnt and itchy. The outermost layer of skin may also peel to help promote new, healthy skin cells to the surface.

Please **do not** scratch at your skin, as it may increase inflammation and prolong the healing process.

## Here are things you can do to help relieve the symptoms:

- Use **gentle moisturizers** that contain hydrating and calming ingredients, like ceramides, oat extract, aloe vera, and vitamin E.
- Apply **HA serum** to the treated area 3-4 times per day for at least 5 days after treatment.
- **Avoid** petroleum- or oil-based products, which can trap heat into the skin.
- Storing your moisturizer in the refrigerator may also be helpful, so they are cool when applied to the skin.
- Over-the-counter topical hydrocortisone cream, ibuprofen, acetaminophen, or antihistamines (Benadryl, Claritin, Allegra, Zyrtec, etc.) may help relieve itchiness. Please use medications according to their manufacturers' recommendations.
- **Stay hydrated!** Water and sports drinks with electrolytes are both great options!