



SCAR & STRETCH MARK AFTERCARE

This procedure may cause swelling and redness. If this lasts more than 72 hours please see a doctor immediately. This is rare, but bacterial infection may occur if you have not followed post care instructions completely.

The number of sessions depends on your skin type, but you will need 1-3. The second session can be done after 60 days, which is the normal healing time of the procedure. It can take up to 90 days for full healing. It is necessary to wait this time to be able to see the results. First the scar/stretch mark will remain red and inflamed for 3-7 days.

1. Apply ice to the area 3 times per day for 15 minutes
2. Avoid exercise for 7 days
3. Avoid sun exposure, swimming, hot tubs, saunas and laser hair removal for 2 weeks
4. Apply aquaphor or hyaluronic acid to the area for 10 days
5. Shower 3 hours after procedure and clean area twice daily for at least 14 days
6. Do not remove or pick at any scabs
7. Avoid retinols, glycolic acid, vitamin A or C. This can cause premature fading, higher levels of cellular rate turnover and poor retention
8. The healing process can take up to 40 days and the stretch marks or scars will be darker/red in the first 30-40 days