

SKIN & LASER

Lytham St Annes

Resurface™ Skin Resurfacing: Pre-Care, Preparation & Aftercare

Pre-Treatment Care (2–4 Weeks Before)

Proper preparation helps ensure safe treatment and optimal results.

- Avoid sun exposure, tanning beds, and self-tanner for at least 2–4 weeks prior to treatment.
- Use broad-spectrum SPF 30–50 daily and avoid sunburn or irritated skin.
- Discontinue retinoids and exfoliating agents (Retin-A, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide, vitamin A products) 7 days prior.
- Avoid chemical peels, microneedling, laser treatments, waxing, or aggressive facials in the treatment area for 2–4 weeks.
- Inform your provider if you:
 - Have used isotretinoin (Accutane) in the past 6–12 months
 - Are pregnant or breastfeeding
 - Have active acne, eczema, psoriasis, or infection in the treatment area
 - Have a history of cold sores (antiviral medication may be recommended)

Day-Of Preparation

On the day of your appointment:

- Arrive with clean, makeup-free skin—no lotion, oils, sunscreen, or perfume.
- Men should shave the treatment area if applicable.
- Wear comfortable, loose-fitting clothing.
- Avoid exercise, alcohol, and excessive heat prior to treatment.

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Post-Treatment Aftercare

- Redness, warmth, and mild swelling are normal and may last 24–72 hours, depending on treatment depth.
- Apply cool compresses and a gentle, calming moisturiser as recommended.
- Cleanse with a gentle, non-exfoliating cleanser only.
- Avoid sun exposure and apply SPF 30–50 daily for at least 2 weeks.
- Avoid heat, sweating, saunas, steam rooms, and intense exercise for 48 hours.
- Do not exfoliate, pick, or peel flaking skin.
- Avoid retinoids, acids, vitamin C, and active skincare ingredients for 7–10 days or until fully healed.
- Makeup may be applied after 24–48 hours, if skin is intact.
- Mild peeling or dryness may occur and can last 3–7 days.

Treatment Plan & Results

- A series of 3–6 treatments, spaced 4–6 weeks apart, is typically recommended.
- Resurface™ improves skin texture, tone, fine lines, pores, acne scars, and sun damage.
- Results continue to improve as collagen production increases over time.