

Fractional Laser Resurfacing – Aftercare Instructions

What to Expect Post-Treatment

- Your skin may appear red, swollen, and feel warm for several days after treatment—this is normal.
- Bronzing and flaking of the skin usually begins around days 2–3 and may last up to 14 days or more depending on your skin’s healing response.
- You may experience itchiness, tightness, or sensitivity as your skin regenerates.
- Some patients may see temporary darkening of pigmentation or light spots as the skin heals.
- Do not be alarmed by visible peeling or crusting—this is a normal part of the rejuvenation process.

Aftercare Guidelines

- Gently cleanse the skin with lukewarm water and a fragrance-free cleanser.
 - Apply a non-irritating, hydrating moisturiser regularly to soothe and support healing.
 - Avoid using any active skincare ingredients (e.g. retinol, acids, exfoliants) for at least 5–7 days, or as advised.
 - Apply a broad-spectrum SPF 30+ daily, even on cloudy days, and avoid direct sun exposure.
 - Allow skin to flake and peel naturally—do not pick or scrub.
 - Avoid makeup until the skin barrier has healed, or as directed by your practitioner.
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✓ DO's

- ✓ Gently pat skin dry—do not rub.
 - ✓ Keep the treated area clean and moisturised.
 - ✓ Use a cold compress to relieve any warmth or discomfort.
 - ✓ Sleep on a clean pillowcase and avoid touching your face unnecessarily.
 - ✓ Stay hydrated and eat a skin-supportive, balanced diet.
 - ✓ Follow all aftercare advice provided by your practitioner.
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✗ DON'Ts

- ✗ Do not pick, peel, or scratch at flaking skin.
 - ✗ Avoid using retinols, AHAs, BHAs, Vitamin C, or exfoliating products for at least 5–7 days.
 - ✗ Avoid makeup, heavy creams, or occlusive products until healing is complete.
 - ✗ Do not expose the treated area to direct sunlight, tanning beds, or heat sources (e.g. saunas, hot tubs) for at least 1 week.
 - ✗ Avoid intense exercise or activities that cause excessive sweating for 48–72 hours.
 - ✗ Do not shave or wax the treated area until fully healed.
 - ✗ Avoid alcohol and smoking, as they can delay healing and collagen production.
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Important Notes

If you notice any signs of infection, unusual discomfort, or side effects such as blistering, scabbing, or prolonged redness, contact your clinic immediately.

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