

# POST TREATMENTS INSTRUCTIONS

## Avoid heat and sun

- \_\_\_\_\_ Stay out of the sun
- \_\_\_\_\_ Do not over bandage
- \_\_\_\_\_ Avoid hot tubs and sauna
- \_\_\_\_\_ Take cool showers
- \_\_\_\_\_ Avoid heavy exercise for 24 hours

## Keep it clean and unbothered

- \_\_\_\_\_ Do not pick or scratch the treated area
- \_\_\_\_\_ Keep area away from pets and small children
- \_\_\_\_\_ Do not use any astringent soaps or cleansers
- \_\_\_\_\_ Less is more!!!

## Keep the treated area dry as possible

- \_\_\_\_\_ Avoid soaking are in hot water
- \_\_\_\_\_ Take bandages off in 1-3 hrs.
- \_\_\_\_\_ If irritated or itchy use a small amount of Aquaphor or Cetaphil

## Monitor and care for your blisters

- \_\_\_\_\_ If blisters become larger than a dime, pop it at the base with a sterile lancet
- \_\_\_\_\_ With a clean tissue press out any accumulated fluid until flat
- \_\_\_\_\_ Do not tear blister, be gentle & patient
- \_\_\_\_\_ Blisters may refill, re-pop with a lancet in the same area and drain
- \_\_\_\_\_ The blisters may refill more than twice

***\*Following these post treatment instructions will improve results and limit the possibility of experiencing any adverse reactions or unforeseen complications.***