

## Skin Blemish Treatment – Aftercare Instructions

### Treatment Information:

- **Laser Blemish Treatment targets pigmentation and vascular concerns such as sunspots, freckles, and spider veins.**
  - **This treatment helps improve skin tone, clarity, and the overall complexion.**
  - **Mild discomfort, redness, or warmth may be experienced during or after the procedure.**
  - **Multiple sessions may be needed for optimal results, depending on skin type and concern.**
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### What to Expect After Treatment:

- **Temporary redness, swelling, or warmth is common and typically resolves within a few hours to 48 hours.**
  - **Pigmented areas may darken initially before gradually lightening and flaking off.**
  - **The skin may feel dry, tight, or slightly itchy as it heals.**
  - **In rare cases, possible side effects include blistering, scabbing, hyperpigmentation (dark spots), hypopigmentation (light spots), or minor scarring.**
  - **There is a slight risk of infection if aftercare instructions are not followed carefully.**
  - **Unprotected sun exposure post-treatment may lead to increased pigmentation or delayed healing.**
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### ✔ Do's:

- **✔ Apply broad-spectrum SPF 30+ daily to the treated area to protect it from UV damage and prevent pigmentation changes.**
- **✔ Use gentle skincare products for at least 3–5 days post-treatment. Avoid products with active ingredients such as retinol, AHA/BHAs, and Vitamin C during this time.**
- **✔ Keep skin hydrated with a non-irritating moisturizer to promote healing.**



-  Let the treated skin naturally shed. Avoid picking, rubbing, or exfoliating the area.
  -  Use cool compresses or soothing gels if you experience discomfort or mild swelling.
  -  Wear protective clothing or avoid direct sun exposure whenever possible, especially during the first few weeks.
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#### Don'ts:

-  Do not pick, rub, or exfoliate the treated areas, as this can cause irritation, scarring, or affect healing.
  -  Avoid direct sun exposure to the treated area for at least 4 weeks after treatment, as this can increase the risk of pigmentation problems.
  -  Avoid hot showers, saunas, steam rooms, or intense exercise for 24–48 hours post-treatment to prevent skin irritation.
  -  Do not apply makeup to the treated area for 24 hours or until healing is complete, as this could irritate the skin or cause infection.
  -  Avoid using skincare products with active ingredients like retinol, glycolic acid, or Vitamin C for 3–5 days post-treatment.
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#### Important Notes:

- Pigmented areas may temporarily darken before gradually fading.
  - Healing times vary, but redness and swelling should subside within a few hours to a couple of days.
  - Multiple treatments may be necessary, and individual results may vary depending on skin type and the specific concerns being treated.
  - For any unusual symptoms or concerns, please contact the clinic.
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By following these aftercare instructions, you'll help ensure your skin heals well and that you achieve the best possible results. If you have any questions or need assistance, don't hesitate to contact us! We're here to support you on your skin journey.