



CARBON LASER FACIAL – AFTERCARE ADVICE

To get the best results and avoid irritation after your carbon laser facial, please follow the aftercare instructions below:

FIRST 24–48 HOURS:

- Avoid direct sun exposure and always wear SPF 30+ daily.
- Do not use active skincare products (e.g. retinol, AHAs, BHAs, or exfoliants).
- Avoid hot showers, saunas, steam rooms, and vigorous exercise.
- Refrain from touching or rubbing your face.
- Do not apply makeup for at least 24 hours, if possible.

ONGOING CARE:

- Keep skin hydrated with a gentle, non-comedogenic moisturiser.
- Use a mild cleanser—avoid scrubs or anything harsh for at least 3–5 days.
- Continue to protect your skin daily with SPF to maintain results.
- Avoid further laser or resurfacing treatments for at least 2 weeks unless advised.

WHAT TO EXPECT:

- Mild redness or sensitivity may occur and should subside within 24 hours.
- Skin may feel slightly tighter or smoother immediately after the treatment.

If you have any concerns or experience prolonged irritation, please contact your practitioner.