

VADARA MED SPA

Radiofrequency Microneedling Post-Treatment Care Instructions

A mild degree of redness, swelling, and irritation is normal following your RF Microneedling treatment. Please follow these guidelines to ensure optimal healing and results:

What to Expect

- Mild redness, swelling, or irritation may occur and typically resolves within 24–72 hours.
 - Tiny micro-scabs (smaller than 1mm) may develop within 1–3 days. These are a normal part of the healing process — do not pick or scratch them.
 - A warm or tight sensation may persist for a few hours post-treatment.
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First 48 Hours

- Avoid hot baths, saunas, strenuous exercise, and direct heat exposure.
 - Keep the treated area clean and avoid touching your face unnecessarily.
 - Do not use exfoliants, retinoids, or other active/irritating skincare products.
 - If you experience discomfort or a burning sensation, you may spritz the skin with a diluted vinegar solution (1 tsp white vinegar per 8 oz water).
 - Apply gentle moisturizers as recommended by your provider to maintain hydration.
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Reducing Redness or Swelling

- Use a cold compress or wrapped ice pack for 15 minutes, up to 3–4 times daily for the first 1–2 days.
 - Mild swelling may last 1–3 days.
 - After 12 hours, a thin layer of hydrocortisone cream can be applied 2–3 times daily to calm redness.
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Makeup & Sun Exposure

- Makeup can be worn 12 hours post-treatment, if skin is intact and irritation-free.
- Avoid sun exposure, tanning beds, or self-tanning products for at least 2 weeks.

- Apply broad-spectrum SPF 30+ daily to protect your skin and prevent hyperpigmentation.

Please contact our 24/7 provider line (425) 210-9954: if you experience increasing redness/pain, significant warmth, pus/drainage, blistering, unusual discoloration, fever, unusual burning, tingling, or numbness following this treatment, as these symptoms may indicate a viral outbreak and prescription antiviral medication may be needed.

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Tattoo Removal – Post-Treatment Instructions

Proper aftercare is essential for safe healing and achieving optimal results from your tattoo removal treatment. Please follow the instructions below carefully:

- **Cool Compress**

Immediately after treatment, the area may be **red, swollen, or tender**. Gently apply a **clean, cool (not ice-cold) compress** to the treated area for **10–15 minutes** to reduce discomfort and inflammation.

- **Initial Cleaning**

Wait a few hours (or follow your provider's advice) before **gently cleansing** the area with **lukewarm water** and a **mild, fragrance-free cleanser**.

- **Ointments or Creams**

Your provider may recommend applying a thin layer of a **prescribed ointment**, such as an **antibiotic ointment** or **healing cream**. Follow their specific instructions for frequency and duration of use.

- **Moisturizing**

Once the initial healing phase is complete, apply a **gentle, non-comedogenic moisturizer** to keep the skin hydrated and support recovery.

- **Covering the Area**

If advised, cover the treated area with a **sterile bandage or dressing** for the first **24–48 hours** to protect it from bacteria and reduce infection risk.

- **Avoid Friction**

Wear **loose-fitting clothing** to minimize rubbing on the treated area, especially if it's located where friction is common.

- **Avoid Direct Sun Exposure**

Keep the area **out of direct sunlight** until it has fully healed, which may take several days to a couple of weeks.

- **Sunscreen**

Once healed, apply a **broad-spectrum SPF 30+ sunscreen** to the treated area before sun exposure. This helps prevent **hyperpigmentation** and protects sensitive skin. Covering the area with clothing is also recommended when outdoors.

- **Keep It Clean**

Wash the area gently as instructed. Avoid over-washing or using washcloths or scrubs. **Pat dry** with a clean towel—**do not rub**.

- **Avoid Immersion**

Do **not soak** the treated area in water (baths, pools, hot tubs) for the first few days. This helps prevent irritation or infection.

- **Limit Physical Activity**

Avoid **excessive sweating or strenuous activities** for the first **24–48 hours**, as sweat can irritate the skin and slow healing.

- **Do Not Pick or Scratch**

If **scabbing or peeling** occurs, **do not pick, scratch, or peel** the skin. Let the area heal naturally to avoid **scarring or infection**.

- **Avoid Harsh Products**

Refrain from using **exfoliants, retinoids, glycolic acid, or alcohol-based products** on the treated area until it is fully healed.

- **Pain Relief**

If needed, take **acetaminophen or ibuprofen** to manage discomfort. Follow dosage instructions or consult your provider.

- **Monitor for Signs of Infection**

Contact your provider if you notice any of the following:

- Increased redness, warmth, or swelling
- Pus or unusual discharge
- Persistent or worsening pain

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Laser Hair Removal – Post-Treatment Instructions

To promote proper healing and ensure the best results, please follow the instructions below after your laser hair removal treatment:

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- **Redness and swelling** may occur immediately after treatment and can last up to 2 hours or longer. In some cases, redness may persist for 2–3 days. The treated area may feel like a sunburn.
 - Apply **cold gel packs or wrapped ice packs** (do not apply ice directly to the skin) during the first few hours to reduce discomfort or swelling. Continue use if needed.
 - **Makeup may be used** after treatment unless there is blistering. If blisters are present, avoid applying makeup until the skin heals.
 - **Avoid sun exposure** until the treated area has fully returned to its normal skin tone (no redness or swelling). Always apply sunscreen if the area is exposed.
 - **Do not pick, scratch, or irritate** the treated area. Avoid all other forms of hair removal such as waxing, tweezing, or electrolysis, as these can interfere with the treatment results.
 - **Wash the treated area gently** and pat dry for the first 3 days after treatment. Do not scrub or use exfoliating products during this time.
 - On **Day 4**, you may begin to **gently exfoliate** the area to help encourage the shedding of treated hair.
 - Between **5–10 days post-treatment**, you may notice what appears to be new hair growth. This is not new growth—it's the treated hair being pushed out of the follicle. Shedding may take up to 7–10 days.
 - There are **no restrictions on bathing**, but treat the area gently—like a sunburn—for the first 24 hours. Avoid hot tubs, saunas, and hot showers.
 - At your **next appointment**, let your provider know:
 - How long the redness lasted
 - When significant hair shedding or regrowth was noticedThis helps us customize your treatments for the best outcome.

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Erbium Ablation–Resurfacing Laser Post-Treatment Care Instructions

Following your Erbium laser resurfacing treatment, it's normal to experience redness, swelling, and mild discomfort similar to a sunburn. Proper aftercare is essential for healing and optimal results. Please follow the instructions below carefully.

Immediate Aftercare

- **Cooling the Skin:** Redness and swelling are expected. Apply a cool (not ice-cold) compress for 10–15 minutes several times throughout the day to soothe the skin.
 - **Cleansing:** After a few hours (or as instructed by your provider), gently cleanse with a mild, fragrance-free cleanser and lukewarm water. Pat dry — do not rub or scrub.
 - **Moisturize Frequently:** Keep the skin continuously moist with Aquaphor or the ointment recommended by your provider. Reapply as needed to prevent dryness or crusting.
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Healing Phase

- **Swelling:** Mild swelling is normal and may last 1–3 days. Sleep with your head elevated for the first 2 nights.
 - **Discomfort:** Skin may feel warm or tight for 1–2 hours post-treatment. Use cool compresses as needed for comfort.
 - **Do Not Pick or Scratch:** Allow the treated area to heal naturally. Picking can cause scarring or pigment changes.
 - **Avoid Makeup and Actives:** Do not apply any products besides the approved ointment or moisturizer until cleared by your provider.
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Activity & Lifestyle

- Sun Exposure: Avoid direct sunlight and tanning for at least two weeks. Always wear broad-spectrum SPF 30+once skin has healed.
 - Exercise: Avoid strenuous activity, sweating, or heat exposure for 4 days post-treatment.
 - Hygiene: Sleep on your back with a clean pillowcase to protect the treated area.
 - Hydration: Drink plenty of water to support healing and skin recovery.
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IPL “Photofacial” Laser Post-Treatment Care Instructions

After your IPL Photofacial, it’s normal to experience mild redness, warmth, or swelling similar to a sunburn. These effects typically subside within a few hours to a few days. Following the care instructions below will help ensure optimal healing and results.

Immediate Aftercare

- **Cool Compresses:** If redness or swelling occurs, apply a cool (not ice-cold) compress for 10–15 minutes at a time to soothe the skin.
 - **Gentle Cleansing:** Cleanse twice daily using a mild, fragrance-free cleanser and lukewarm water. Gently pat dry—do not rub.
 - **Moisturize:** Keep the skin hydrated using a gentle, fragrance-free moisturizer or the post-care product recommended by your provider.
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Sun Protection

- **Avoid Direct Sunlight:** Limit sun exposure for at least 1–2 weeks post-treatment.
 - **SPF Protection:** Apply a broad-spectrum SPF 30+ (containing zinc oxide or titanium dioxide) daily. Reapply every 2 hours when outdoors.
 - **Protective Clothing:** Wear a wide-brimmed hat and sun-protective clothing when exposed to sunlight.
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Skincare & Lifestyle

- **Avoid Harsh Ingredients:** Do not use retinoids, glycolic/salicylic acid, exfoliants, or alcohol-based products until the skin is fully healed.

- **No Makeup:** Avoid applying makeup for at least 24 hours to allow the skin to breathe.
 - **Avoid Heat & Sweating:** Skip hot showers, saunas, steam rooms, and vigorous exercise for 24–48 hours post-treatment.
 - **No Picking or Scratching:** If mild peeling or flaking occurs, allow it to shed naturally. Picking can cause scarring or pigmentation changes.
 - **Avoid Exfoliation:** Wait until your provider confirms your skin is fully healed before using any scrubs or exfoliating products.
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Healing Support

- **Hydrate Well:** Drink plenty of water to support your skin's natural recovery.
 - **Eat Nourishing Foods:** A balanced diet rich in vitamins and antioxidants promotes faster healing.
 - **Monitor for Concerns:** If you notice increased redness, swelling, pain, or discharge, contact VADARA Med Spa promptly.
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CO₂ Laser Resurfacing Post-Treatment Care Instructions

Following your CO₂ laser treatment, redness, swelling, warmth, pinpoint crusting, and mild discomfort are expected parts of the healing process. **Your aftercare during the first several days directly affects how your skin heals and your risk of complications.**

Days 1–4: Initial Healing Phase

IMPORTANT — KEEP THE TREATED SKIN COMPLETELY COATED WITH OINTMENT

For the first 4 days, the treated area should remain continuously covered with a thick, visible layer of Aquaphor or the healing ointment recommended by your provider.

- Apply a generous layer, not a thin moisturizer-like layer.
- Your skin should look shiny/greasy and visibly coated at all times.
- Reapply throughout the day whenever the ointment begins to absorb, rub off, or the skin starts to feel tight or dry.
- Do not allow the treated skin to dry out, crack, or form a dry crust.
- After cleansing, gently pat the skin dry and immediately reapply a thick layer of ointment.

WHY THIS IS SO IMPORTANT:

CO₂ laser creates a controlled pattern of microscopic treatment channels in the skin. During the early healing period, maintaining a protected, moist environment supports proper re-epithelialization and more even healing.

Allowing the skin to become excessively dry or inadequately protected can increase the risk of delayed healing, prolonged redness, irritation, infection, pigment changes, and persistent visibility of the fractional laser pattern (“grid marks”).

- **SWELLING:** Mild swelling is normal. Sleep with your head elevated for the first 2 nights to minimize it.
- **DISCOMFORT:** Expect a mild sunburn-like sensation for 1–2 hours post-procedure. You may use cool compresses for comfort. Do not place ice directly on treated skin.
- **CLEANSING:** Gently cleanse twice daily using one of the following:
 - A mild cleanser such as CeraVe or Cetaphil
 - Or a vinegar solution (1 tsp white vinegar per 8 oz water)
 - **Do not scrub.** Pat dry gently with a clean, soft towel or washcloth.

- **AVOID:** Picking, scratching, rubbing, exfoliating products, retinoids/acids, unapproved skincare, direct sun exposure, exercise, sweating, saunas, hot tubs, and excessive heat for the period directed by your provider.
 - **HYGIENE:** Sleep on a clean pillowcase and avoid touching the treated area with unwashed hands.
 - **HYDRATE:** Drink plenty of water to support healing.
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Days 5–10: Recovery & Protection Phase

DO NOT STOP OINTMENT EARLY

Continue the post-treatment protocol for the full timeframe. Healing occurs beneath the surface even as redness and swelling begin to improve.

- **HEALING PROGRESS:** Skin appearance varies by individual. Pinkness or mild redness is common during this stage.
 - **SUN PROTECTION:**
 - Avoid direct sun exposure for at least 4 weeks—ideally up to 6 months for best results.
 - Apply a broad-spectrum sunscreen with zinc oxide or titanium dioxide daily.
 - Wear a wide-brimmed hat (4" or larger) and sunglasses when outdoors.
 - **MAKEUP & ACTIVITY:**
 - Consult your provider before resuming makeup use or exercise.
 - **SKIN PIGMENTATION:**
 - Clients with darker skin tones may be more prone to post-inflammatory hyperpigmentation (PIH). Contact your provider promptly if you notice any darkening or discoloration of the treated area.
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Laser Treatments for Vascular Irregularities Post-Treatment Instructions

To support proper healing and achieve optimal results after your vascular laser treatment, please follow the post-care guidelines below:

- **Cooling the Area**

Mild redness, swelling, or bruising is common immediately after treatment. To minimize these effects, gently apply a **cool (not ice-cold) compress** to the treated area for **10–15 minutes** several times a day.

- **Gentle Cleansing**

Begin cleansing the area a few hours after treatment, or as directed by your provider. Use a **mild, fragrance-free cleanser** with **lukewarm water**. Avoid scrubbing or rubbing the skin.

- **Moisturization**

Keep the skin hydrated by applying a **gentle, non-irritating moisturizer** recommended by your provider. This will help reduce dryness and promote healing.

- **Avoid Harsh Products**

Do not use products containing **retinoids, glycolic acid, exfoliants, or alcohol** on the treated area until the skin has fully healed.

- **Minimize Sun Exposure**

The treated skin is more sensitive to sunlight. Avoid **direct sun exposure for at least 1–2 weeks** following treatment.

- **Use Sunscreen**

If going outdoors, apply a **broad-spectrum sunscreen (SPF 30 or higher)** to the treated area. Reapply often, especially with extended sun exposure.

- **Protective Clothing**

When possible, wear a **hat or protective clothing** to shield the treated skin from the sun.

- **Avoid Excessive Heat**

For the first **48 hours**, avoid:

- Hot showers
- Saunas
- Steam rooms

- Hot tubs

Excessive heat can worsen swelling and irritation.

- **Limit Physical Activity**

Avoid **strenuous exercise** or heavy sweating for the first few days, unless your provider advises otherwise.

- **Pain Relief**

If needed, take **acetaminophen or ibuprofen** to relieve discomfort. Always follow dosage instructions or your provider's guidance.

- **Monitor for Adverse Reactions**

Mild redness and swelling are normal. Contact your provider if you notice:

- Increased pain
- Signs of infection (warmth, pus, or spreading redness)
- Any unusual or worsening symptoms

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