

Guidelines for laser skin resurfacing

Before the procedure:

4 weeks before and during the procedure – avoid solarium and sunbathing. When exposed to intense sunlight, use a sunscreen with a high protection factor (SPF 30). Avoid deep exfoliation procedures (such as chemical peeling and laser therapy).

2 weeks before – avoid taking ginkgo biloba, vitamin E, aspirin and anti-inflammatory medications such as Ibuprofen and Paracetamol.

1 week before – stop using any medications containing glycolic acid and tretinoin.

72 hours before – avoid using any medications increasing sensitivity to light.

2 days before – if there is any herpes in the area to be treated or around it, start treating the virus 2 days before the procedure and continue treating it 3 days after the procedure.

On the area to be treated with laser, no blistering, skin diseases, acne or infections may occur.

Up to 4 days after the procedure

- ▶ In 4 days after the treatment, we advise you to sleep and have a rest with your head and neck in a slightly elevated position.
- ▶ After the procedure, the skin will be sensitive and flushed. Slight bleeding and swelling may occur, particularly in the eye area.
- ▶ Every couple of hours, a cold compress may be placed on the laser-treated area for 15 minutes.
- ▶ When washing the laser-treated area, we recommend using sensitive skin soap. Avoid rubbing and using hot water.
- ▶ Keep moisturising the area with the Helosan cream provided by Christinas Clinic.
- ▶ We will provide you with two different vials: stem cell and EPG. Take these by turns, one vial a day every three days. Start with the stem cell vial.

5–7 days after the procedure

Any redness, bleeding and discomfort should be gone by now. Dryness, itching and skin peeling may occur. Slight redness may occur for weeks.

- ▶ Keep moisturising the skin with Helosan cream.
- ▶ We will provide you with sensitive skin soap for washing the laser-treated area. Avoid rubbing the skin and using hot water.

2–6 weeks after the procedure

- ▶ For 2 weeks after the procedure, avoid physical activity that makes you sweat.
- ▶ For 4 weeks after the procedure, avoid other procedures in the laser-treated area. Also, avoid solarium and sunbathing.
- ▶ In 1 month after the procedure, white spots may appear on the skin. In this case, we advise you to contact the clinic.
- ▶ For 6 weeks after the procedure, avoid using body products that might irritate the laser-treated area.
- ▶ In case of any blistering or scabs in the laser-treated area, please contact the clinic. Do not remove the scabs on your own.