

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner.

If you have any concerns or questions please call us on 0333 242 8528.

- Immediately after treatment there will be a little heat and discomfort for a few hours.
- Your skin may look red and a little swollen for a few days.
- Do not apply any product for 2 - 4 hours, or until all heat feeling has gone from skin. Any product applied to skin when the skin still feels hot will prevent water evaporating and trap the heat in skin, making it feel uncomfortable.
- Use the after-care products issued as advised after the procedure, delay applying moisturiser for 4 hours after treatment to avoid blocking pores.
- Apply Cetaphil, or similar, and use over next 2-3 days, to encourage healing and prevent infection, as skin is open.
- Take care in sun light and use factor 50 sunscreen. Avoid SPF for the first 2 days if treatment was ablative, as SPF contains titanium, zinc and other chemicals that are best avoided following ablative treatment. If, however, you must go out in the sun following an ablative treatment, create a physical barrier: hat, and use SPF over the moisturiser so a barrier is created.
- There may be micro scabs a few days after treatment, they must NOT be scratched and should be allowed to flake off naturally.
- Continue moisturising frequently until the micro scabs have fallen off then continue using the sunscreen daily.
- Mineral Makeup can be applied 2 days after treatment.
- Keep the area clean but do not use soap for 24 hours and do not use any scrub or exfoliator for a few weeks, and if you feel the area is infected, please notify the CSC immediately.

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The below products are recommended by The Cosmetic Skin Clinic to enhance your results, support skin health, and reduce the risk of complications. If the advice given by your practitioner differs from the information below, please follow your practitioner's guidance.

- Obagi Sun Shield SPF 50
- Obagi Hydrate
- ZO Recovery Crème

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.