



TIPS & TRICKS

- *Use soft wash cloth and towels to avoid any scrubbing.*
- *Wear a wide-brimmed hat or sun protecting clothing post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.*
- *Avoid strenuous exercise and sweating immediately after treatment.*



WATCH-OUTS

- *If the treated area is especially warm within the first 12 hours after the treatment, a cold compress or ice pack can be used to provide comfort.*
- *If the skin appears red or swollen (sunburn sensation), an icepack can provide comfort, same as Vitamin E or Aloe Vera applied to the treatment area. In rare cases, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used.*

Skin Care Recommendations

Just as important as the treatment, is the care for your skin post-treatment.

CLEANSING:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser. **Use your hands and fingertips** to cleanse using gentle patting motions for the first 48 hours.

Your doctor recommends these products:

Alastin Gentle Cleanser

Avene SOS Kit

MOISTURIZER:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry.

Your doctor recommends these products:

Alastin Rejuvenating Skin Nectar

Avene SOS Kit

SUNSCREEN:

Sunscreen is a **MUST** and should be used daily beginning the day of treatment and used consistently. If in the middle of a series of treatments, sun exposure should be avoided and sunblock with a protection factor of 30+ should be used on a daily basis.

Your doctor recommends these products:

Alastin Hydratint

Elta MD

Avene SOS Kit

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