

Ablative Laser

Pre Care

- Avoid sun exposure, tanning beds, and self-tanners for at least 1 week before treatment.
- Discontinue the use of retinoids, exfoliants, AHAs/BHA's for at least 5–7 days prior.
- Avoid waxing, threading or chemical peels in the treatment area for 2 weeks.
- Do not use photosensitizing medications (like antibiotics) before treatment for 72 hours, unless cleared by your provider.
- Stay hydrated and come to your appointment with clean, makeup-free skin.
- Let your provider know if you have a history of cold sores or herpes outbreaks—you maybe prescribed an antiviral.

Post Care

- Expect to feel a severe sun burn sensation for up to 6 hours after treatment. Redness, swelling, blistering, bruising and/or bleeding may occur immediately following treatment and last up to 2 weeks depending on depth/ severity of the laser treatment.
- Apply Hydrinity After Care Kit and/or BioGel on top twice or more times daily for 1-2 weeks.
- Avoid direct sun exposure, wear a hat, use broad-spectrum SPF 30+ daily for at least 2 weeks post-treatment.
- Do not apply retinoids, exfoliants, AHAs/BHAs, or strong active ingredients for 7-14 days.
- Avoid alcohol and blood-thinning medications (like aspirin or ibuprofen) for 24 hours after your session for optimal results.
- Gently cleanse with a mild, non-irritating cleanser and moisturize regularly.
- Do not pick, peel, or scrub the treated area—let any peeling, flaking or shedding occur naturally.
- Avoid hot tubs, saunas, and vigorous exercise for 1-2 weeks after your session.
- You may apply cold compresses or aloe vera to soothe any redness or warmth.
- Avoid makeup and sweating for the first 48 hours, or as directed based on your specific treatment.
- Drink plenty of water and allow your body time to heal—collagen stimulation continues for weeks after treatment.

Non-Ablative Laser

Pre Care

- Avoid sun exposure, tanning beds, and self-tanners for at least 1 week before treatment.
- Discontinue the use of retinoids, exfoliants, AHAs/BHA's for at least 5–7 days prior.

- Avoid waxing, threading or chemical peels in the treatment area for 2 weeks.
- Do not use photosensitizing medications (like antibiotics) before treatment for 72 hours, unless cleared by your provider.
- Stay hydrated and come to your appointment with clean, makeup-free skin.
- Let your provider know if you have a history of cold sores or herpes outbreaks—you maybe prescribed an antiviral.

Post Care

- Avoid direct sun exposure, wear a hat, use broad-spectrum SPF 30+ daily for at least 2 weeks post-treatment.
- Do not apply retinoids, exfoliants, AHAs/BHAs, or strong active ingredients for 5-7 days.
- Avoid alcohol and blood-thinning medications (like aspirin or ibuprofen) for 24 hours after your session for optimal results.
- Gently cleanse with a mild, non-irritating cleanser and moisturize twice per day.
- Do not exfoliate the treated area for 5-7 days.
- Avoid hot tubs, saunas, and vigorous exercise for 24-48 hours after your session.
- You do not have to avoid wearing make up s it can be applied same day.

Smooth Mode Laser

Pre Care

- Avoid sun exposure, tanning beds, and self-tanners for at least 1 week before treatment.
- Discontinue the use of retinoids, exfoliants, AHAs/BHA's for at least 5–7 days prior.
- Avoid waxing, threading or chemical peels in the treatment area for 2 weeks.
- Do not use photosensitizing medications (like antibiotics) before treatment for 72 hours, unless cleared by your provider.
- Stay hydrated and come to your appointment with clean, makeup-free skin.
- Let your provider know if you have a history of cold sores or herpes outbreaks—you maybe prescribed an antiviral.

Post Care

- Expect to feel a mild sun burn sensation for up to 3 hours after treatment. Redness, swelling and peeling may occur immediately following treatment and last up to 1 week.
- Apply Hydrinity After Care Kit and lip hydration twice or more times daily for 1 week.
- Avoid direct sun exposure, wear a hat, use broad-spectrum SPF 30+ daily for at least 2 weeks post-treatment.
- Do not apply retinoids, exfoliants, AHAs/BHAs, or strong active ingredients for 7 days.
- Avoid alcohol and blood-thinning medications (like aspirin or ibuprofen) for 24

hours after your session for optimal results.

- Gently cleanse with a mild, non-irritating cleanser and moisturize regularly.
- Do not pick, peel, or scrub the treated area—let any peeling, flaking or shedding occur naturally.
- Avoid hot tubs, saunas, and vigorous exercise for 1 week after your session.
- You may apply cold compresses or aloe vera to soothe any redness or warmth.
- Avoid makeup and sweating for the first 48 hours, or as directed based on your specific treatment.
- Drink plenty of water and allow your body time to heal—collagen stimulation continues for weeks after treatment.