

## **PORTRAIT® PSR3: PLASMA SKIN REGENERATION AFTER CARE FORM**

### **Post Treatment Instructions:**

1. Immediately after the treatments, you should apply an ice pack, as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress if needed. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage.
2. Makeup may be used after the treatment has quit swelling unless there is epidermal bleeding. It is recommended to use new makeup to reduce the possibility of infection. Keep the area moist. Any moisturizer without alpha-hydroxy acids will work.
3. You may shower after the laser treatments in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.
4. You may experience redness and bruising from five to fourteen days after the treatment. You may also experience reddening/browning of the treated skin until the top layer sheds. This may last between 3-5 days.
5. Avoid direct sun exposure and tanning beds for 1-2 months and throughout the course of the treatment. Use sunscreen SPF 25 or higher at all times throughout the treatment when going outside.
6. Avoid tweezing, waxing, bleaching or chemical peels during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide or astringents.
7. Call your physician's office with any questions or concerns you may have after the treatment