

- 1. Starting the morning after your treatment, cleanse the treated area with ZO Gentle Cleanser, morning and evening for 1 week.
- 2. Apply Aquaphor to treated area for the next 48 hours. After 48 hours, apply SkinMedica TNS Ceramide Treatment Cream and Essential Defense Mineral Shield Sunscreen to the treated area morning and evening for 1 week.
- 3. Wait 48 hours before applying make-up.
- 4. Stay hydrated for the next 48 hours.
- 5. Avoid Retinol and Vitamin C products for 7 days.
- 6. No exercise for 24 hours.
- 7. Avoid sun exposure/tanning for 1 week.
- 8. No hot tubs or baths for the next 48 hours.

Call or text our office with any questions or concerns, 918.712.1767

