



Post-Treatment Care

Below are some important guidelines for proper next steps after each Laser360 treatment session. Following these recommendations will protect your treatment areas during the brief recovery phase and maintain the most favorable results.

- Use ice packs for the first 24 hours to minimize swelling and discomfort.
- Drink 8-10 cups of water daily to maintain hydration. Avoid alcoholic beverages for the first 3 days because alcohol can dehydrate the skin and body.
- Sleep with your head elevated with 2 pillows to help reduce swelling.
- Expect redness for 2-3 days followed by flaking and peeling around day 3-5. Do not pick at or exfoliate the flaking skin.
- Pigmented and vascular lesions will appear worse for a few days, then fade or flake off in 1 to 2 weeks.
- Gently wash the treated area daily with mild cleanser and apply post laser cream/ointment recommended by your provider as necessary for the first 2 days.
- Avoid excessive exercise, pools and hot water for the first 24-48 hours, resuming normal activities on day 3.
- On day 3, you may use moisturizer with broad spectrum sunscreen or post lasing cream followed by mineral makeup.
- Avoid direct sun exposure for 2-4 weeks.
- Report any unusual occurrence or concerns to your provider immediately.

