

Ultra Laser Resurfacing

Pre-Care:

1. Consultation: Schedule a consultation with a skincare professional to assess whether Ultra Laser Resurfacing is suitable for your skin type and concerns.
2. Avoid Sun Exposure: Minimize sun exposure and use broad-spectrum sunscreen with a high SPF in the weeks leading up to the procedure. Sun-damaged skin may be more prone to complications.
3. Discontinue Certain Products: Discontinue the use of retinoids, vitamin C serums, and other potentially irritating skincare products for a specified period before the procedure, as advised by your skincare professional.
4. Skin Preparation: Follow any specific skincare routine recommended by your provider, which may include gentle cleansing and moisturizing to prepare your skin for the procedure.
5. Medication Review: Provide a list of medications and supplements you are taking to your healthcare provider. They will advise you on whether any adjustments are needed.
6. No Recent Tanning or Chemical Peels: Avoid tanning beds, sunless tanning products, and chemical peels in the weeks leading up to the treatment.
7. Stay Hydrated: Ensure you are well-hydrated in the days leading up to the procedure to support skin health.

Post-Care:

1. Follow Provider's Instructions: Adhere strictly to the post-care instructions provided by your skincare professional. This may include specific skincare products, wound care, and other recommendations.
2. Sun Protection: Protect your skin from sun exposure by wearing a broad-spectrum sunscreen with a high SPF. This is crucial to prevent hyperpigmentation and ensure proper healing.
3. Moisturize: Use a gentle, hydrating moisturizer to keep your skin moist and aid in the healing process.
4. Avoid Irritating Products: Avoid using products containing retinoids, alpha hydroxy acids (AHAs), and beta hydroxy acids (BHAs) until your skincare professional gives the green light.
5. Stay Hydrated: Continue to stay well-hydrated to support the healing process and maintain skin health.
6. Protective Clothing: If necessary, wear protective clothing to shield your skin from environmental elements during the initial healing phase.
7. Avoid Scratching or Picking: Refrain from scratching or picking at the treated areas to prevent infection and promote optimal healing.
8. Follow-up Appointments: Attend any follow-up appointments scheduled by your skincare professional to monitor your progress and address any concerns.