



Sublative Post Care Instructions

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Expectations: <ul style="list-style-type: none"> • Skin will be red and slightly swollen for 2-5 days • Dry flaky skin approximately 3-7 days post treatment • An acne outbreak 3-7 days post treatment is possible <p align="center">***A history of cold sores or fever blisters will require a prescription to prevent any outbreaks***</p>		
TIMELINE	WHAT YOU NEED TO DO	COMMENTS
<u>3 Days Prior to Treatment</u>	If you have cold sores, start Acyclovir 2 days prior to treatment.	*Depending on the area being treated, medications may not apply to you
<u>Day Of Treatment</u>	<ul style="list-style-type: none"> *Apply numbing cream to area being treatment 1 hour prior to your appointment time. *Once you arrive, we will have you wash your numbing cream off prior to starting your treatment. 	*Please do wear makeup including mascara or tinted moisturizer.
<u>Day 1-3 Post Treatment</u>	<ul style="list-style-type: none"> *Cool your skin with cold wash cloths for 10-20 min as needed to reduce heat. Adding 1TBS of white vinegar to 8 OZ of water helps reduce the heat as well. *Apply a small amount of Stratacel to promote healing. *VitaRich may be purchased and applied to skin for relief of dryness. *Wash with gentle cleanser and keep treatment area elevated to reduce swelling. 	<ul style="list-style-type: none"> *You may also take Tylenol, Ibuprofen or Advil as directed for discomfort and swelling *Drink plenty of water to help keep your skin hydrated from the inside out. *Moderate heat may be experienced for up to 2 days.
<u>Days 3-7 Post Treatment</u>	<ul style="list-style-type: none"> *You may resume normal activity to your comfort level. However, no swimming, hot tubs, steam rooms or saunas while redness is present. *Schedule a skin check with your provider 7-10 days post treatment. *Schedule a hydrating facial one week after treatment. 	
<p align="center">*SUN BLOCK <u>MUST</u> BE WORN EVERY DAY AND REAPPLIED EVERY 2 HOURS EVEN IF YOU ARE IN THE CAR. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.</p>		

If you have any questions, please call Allura Skin, Laser and Wellness Clinics at 970-223-0193.



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