



FRACTIONAL

POST TREATMENT INSTRUCTIONS

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WHAT SHOULD I EXPECT AFTER MY FRACTIONAL LASER TREATMENT?

- Redness & swelling immediately post treatment for 24-48 hours.
- Mild redness/pinkness could persist for several days post treatment.
- Rough skin texture & mild itching during healing is expected.

WHAT TREATMENT PLAN SHOULD I FOLLOW AFTER MY PROCEDURE?

- Ice as needed for discomfort for first 24 hours (20 minutes on, 20 minutes off).
- Only water & Couture Med Spa Hyaluronic Serum can be applied for 24 hours to treated area.

WHAT SHOULD I AVOID POST FRACTIONAL?

- Avoid direct sun for 72 hours.
- No make-up for 24 hours.
- No aggressive exfoliation or anti-aging skin care for 5-7 days (retinol, glycolic or salicylic acid).
- No excessive sweating/exercising for 24-48 hours post treatment.

RECOMMENDED POST TREATMENT PRODUCTS

Sunscreen with zinc or titanium as main active ingredient, 24 hours post treatment.

- **Couture Ultimatte Sunshade 50+**

Gentle skin cleanser, twice daily.

- **Couture Antioxidant Cleanser**

Gentle moisturizer specific for post laser treatment

- **Couture Hyaluronic Serum**