

## Do's

Keep skin clean and hydrated with gentle, non-active cleansers

Use a broad-spectrum SPF 30+ sunscreen daily to protect healing skin

Stick to mild, non-irritating products for at least 5 days

Drink plenty of water to aid in skin recovery

Use a fresh pillowcase to prevent irritation and bacteria transfer

## Dont's

No makeup for at least 24 hours

Avoid direct sun exposure for at least a week

Skip harsh skincare products for at least 5 days

Avoid heavy exercise, saunas, and hot showers for 24-48 hours

Let flaking skin shed naturally to prevent any scarring



STILL AESTHETICS

STILL YOU

## What to Expect After Treatment

Skin may appear red, tight, and slightly swollen - similar to a mild sunburn.

Light flaking or peeling may occur as your skin regenerates.

Some areas of the skin may feel rough or dry as the healing process progresses.

You may notice an increased sensitivity to skincare products for a few days.

Results will gradually improve over the next few weeks as collagen production increases.

If you experience excessive redness, prolonged irritation, signs of infection, or have any concerns please contact me at 402-802-0533.

402-802-0533  
info@still-aesthetics.com

