



## **DERMAFRAC POST TREATMENT INSTRUCTIONS**

- Your skin may feel tight for several hours following the treatment – this is expected.
- Avoid using any makeup or creams on your face for the remainder of the day. You may resume your skin care routine tomorrow.
- Avoid washing your face tonight. It is recommended you sleep on a clean pillow case.
- There may be a red appearance to your skin following the treatment – like a mild sunburn. The severity will depend on how aggressive the treatment was and how your skin reacts. This should resolve in a few days.
- You may notice some skin peeling the first few days after the treatment.
  
- Avoid using anti-inflammatories (Aleve, Advil, Ibuprofen, etc.) for 5 days after the treatment, unless you are taking these medications under the direction of your primary medical provider. Ideally, we want inflammation to occur after this treatment. It is ok to use Tylenol.
- Avoid using harsh cleansers, creams, and ointment for 5-7 days after the treatment. This includes any skin care products with glycolic acid, retinols, etc.
- Avoid exfoliating any treated skin for 5-7 days after the treatment.
- Avoid direct sun exposure for 10 days if possible. If you cannot avoid sun exposure, use a high-quality sunscreen on all treated skin to avoid adverse outcomes.

If you have any questions or concerns give us a call  
(704) 868-6100