

# POTENZA

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## Post-Care Instructions

القرية الطبية  
Medical Village

Instagram @medicalvillage

Phone +971 4 346 9999

In some treatments, the area will also scab or crust with the appearance of tiny black dots. They will naturally peel off over the next 2-4 days and completely heal in 7-10 days.

### DO's

- Apply a cold compress or ice pack for 10 minutes per hour to reduce heat in the skin.
- Recovery gel or cream can be applied to the face to soothe the skin.
- Apply healing and recovery moist daily to keep your skin hydrated.
- Protect your skin from the sun by applying SPF 50 daily.
- In case of bruising, an occasional occurrence a few days post treatment, apply arnica cream to the treated area.

### DONT's

- Until redness has resolved avoid using AHA (Alpha Hydroxy Acid), retinol (Vitamin A) products, strongly scented lotions, and soaps.
- No shaving, waxing, plucking hair, exfoliation, excessive sweating, swimming, saunas, and very hot showers. Avoid wearing tight restrictive clothing.
- Do not pick, scratch, or remove flaking skin, this can lead to infection or scarring.
- Do not apply makeup for 24 hours.
- Do not book laser treatments on any part of your face or treatment area for at least 7 days after treatment.

Don't hesitate to contact our clinic if you experience prolonged redness, swelling, infection, or any other disturbance on the treated skin.