

# POST-TREATMENT CARE INSTRUCTIONS FOR SWELLING AND HEALING:

Here's a post-care instruction list for reducing swelling and ensuring optimal healing after treatments such as lasers, fillers, and microneedling:

## 1. Cold Compress (Covered Ice):

- Apply a covered ice pack (place ice in a sandwich bag and wrap it in a paper towel) to the treated area for 10-15 minutes at a time.
- Use the ice on-and-off intermittently as needed to reduce swelling. Do not apply ice directly to the skin.

## 2. Medications (As Directed by Your Provider):

- Take Xyrtec and Pepcid, as prescribed by your provider for moderate to severe swelling.
- Typically, one of each should be taken twice a day for 3-4 days following the treatment, then as needed for continued comfort.
- You can also take any other OTC Antihistamine or Tylenol as directed for mild to moderate swelling/discomfort.

## 3. Arnica (Topical and Ingestible):

- Arnica is effective in reducing bruising and promoting healing.
- You can use Arnica both topically and as an ingestible supplement.
- Start taking Arnica before the procedure to help prevent bruising and continue for a few days afterward to aid in healing.

## 4. Gentle Skincare Products:

- Use gentle, hydrating skincare products such as Cerave or Cetaphil to cleanse and moisturize your skin.
- Avoid harsh or exfoliating products for several days post-treatment.

## 5. Sun Protection (Always SPF):

- Protect your treated skin from sun exposure by wearing sunscreen with at least SPF 30.
- Apply sunscreen generously and reapply as needed, even if you're indoors.

## 6. Avoid Aggressive Treatments:

- Avoid any harsh skincare treatments or products that may irritate the skin for at least a week following your procedure.
- Consult with your provider before resuming your regular skincare routine.

## 7. Hydration and Rest:

- Stay well-hydrated to support the healing process.
- Get adequate rest to allow your body to recover.

## 8. Follow-Up Appointments:

- Attend any scheduled follow-up appointments with your provider.
- Discuss any concerns or questions you may have about your healing progress.

## 9. Patience and Self-Care:

- Swelling and redness are common side effects that will typically subside within a few days to a week.
- Be patient with the healing process and prioritize self-care during this time.

## 10. Contact Your Provider:

- If you experience excessive or prolonged swelling, severe discomfort, or any unexpected side effects, contact your provider immediately or go to the closest ER.

These post-care instructions are general guidelines. Always follow the specific recommendations provided by your healthcare provider at Artistry Skin Center to ensure the best results and a comfortable healing experience.

**CALL:973.384.1023**