PRECAUTIONS TO TAKE AFTER LASER TREATMENT

Cleanse your face with water and gentle cleanser, then pat dry.

Apply moisturiser 2–3 times daily to keep the area moist.

Avoid sun exposure or tanning beds for 2 weeks after treatment. Apply broad spectrum UVA/UVB sunscreen with an SPF 30 and above 30 minutes before going outdoors. Apply to the treated areas every 2 hours when exposed to the sun.

Discomfort and swelling can be relieved by cold compression and/or oral painkiller, such as paracetamol.

Apply hydrating sheet mask daily for 7 days after treatment to promote better outcomes and faster healing.



Do not use scrub or exfoliating agents to remove the dead layer of skin for 2 weeks.

Avoid using makeup on the treated areas for 2 weeks.

You will see crusting or scabbing. Please do not scratch or rub it off. Let it fall off by itself.

Avoid intense workout or any other activity that could cause injury of the treated area.

Avoid swimming or soaking in hot tubs until the skin heals.

同善医院
TUNG SHIN HOSPITAL
since 1881



POST–TREATMENT INSTRUCTION FOR LASER PROCEDURES
激光治疗后指导

PATIENT GUIDE

激光治疗后应采取的预防措施

用水和温和的洗脸霜清洁面部，然后拍干。

每天涂抹2–3次保湿霜保持该区域湿润。有助于补水及保护皮肤屏障。

治疗后2周避免阳光暴晒或日光浴床。在出门30分钟之前使用广泛光谱UVA/UVB防晒霜SPF30及以上。保护您的皮肤免受有害紫外线的伤害射线。

冷疗和/或口服止痛药可以减轻疼痛和肿胀。

每天敷上保湿面膜。以促进更好的结果和更快的愈合。



治疗后2周不要使用磨砂膏或去角质成份。因为这段时间皮肤特别敏感。

避免在治疗区域化妆。

你会看到结痂或结痂。请不要刮擦或擦掉它。让它自己掉下来。

避免剧烈运动以减少治疗区域的伤害。

避免游泳或浸泡在高温下浴缸，直到皮肤愈合。

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Your Expert Care for Skin

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