

Ablative Laser

anue
A SKINTEL CLINIC



Ablative laser. Get more information at:
www.anue.co.nz/ablative

Impressive results for skin resurfacing & rejuvenation

Ablative lasers deliver controlled bursts of energy to the skin which can stimulate collagen production and improve skin texture.

Parts of the skin surface are removed, resulting in peeling and a healing process. Down-time of around 1-2 weeks is common.

Common treatment indications include rejuvenation and improving the appearance of wrinkles and scars.

Expected Progress

- An initial sensation of discomfort on the skin which will settle a few hours post-treatment.
- Transient swelling and redness are normal and typically settles within 2-7 days.
- Sloughing is the natural wound healing process of the skin and normally resolves and heals within 4-10 days.

To ensure optimal results and minimise discomfort and potential complications, it is important to follow these pre- and post-treatment instructions.

Prior to Treatment

For four weeks:

- Minimise sun exposure, tanning beds and tanning lotions. Apply sunscreen (SPF50+).
- Use hydroquinone-based cream (for those with darker skin types)

For two-five days:

- Consider antiviral prevention

Immediately After Treatment

Three-four times daily:

- Use clean water and cleanser only for the first four days. Minimise sun exposure.

If you have any concerns regarding your treatment, please contact your care team.



- Use cold compressions to reduce redness & swelling.
- Apply a thin layer of **recovery cream** after cleansing and cold compression.
- Wait 24 hours before showering over the treatment area. Avoid hot water over the treatment area - until healing is complete.
- Severe discomfort or blistering is uncommon. Please contact us if this occurs.
- Remember to take medications to prevent infection for 5-7 days.

Four Days Post Treatment

- Avoid heavy skin care such as aggressive cleansers, exfoliants, vitamin A, and vitamin C for four weeks.
- Continue avoiding direct sunlight for at least 4 weeks post-treatment.
- Introduce moisturiser and use sunscreen (SPF 50+).

Expected Results

It may take five weeks for the full effect of the treatment to develop.

A course of 2-4 treatments performed every 4-6 weeks is typical.

Potential Adverse Effects

If you experience any severe side effects, such as excessive redness, swelling, pain, blistering, or signs of infection, please contact us immediately.

Follow-up Appointments

We recommend a follow-up appointment five weeks after

treatment to assess your results, and plan additional treatments if required.

We're dedicated to caring for you

We want you to be delighted with the results of your treatment at Anue. Following this guide can help ensure a successful recovery and maximize the benefits of your treatment.

If you have any questions or concerns at any point throughout your treatment, please do not hesitate to contact us.

Follow-up appointment(s):

Notes
