

Sublative Post Treatment Instructions

Post Procedure Care Instructions

- Wait 12 hours before washing face, then only use a gentle cleanser – wash treated are with hands not a wash cloth.
- After washing, apply a moisturizer and well as sunblock with a minimum of SPF 30 or higher that contains zinc. Powder based mineral makeup can be used on top.
- Be sure to reapply sunscreen every 4 hours.
- Avoid picking/scratching scabs. Scabs will fall off on their own approximately 3-5 days after treatment.
- Avoid thermal trauma: hot showers, hot tubs, steam rooms, saunas, etc. for a minimum of 2 days after treatment
- Avoid excessive sweating for 2 days after treatment
- Do not take any anti inflammatory medications for 1 week post treatment. IE: ibuprofen, advil, motrin, excedrine, nuprin, naproxen, or antihistamine medications

If you have any questions or concerns about your procedure please don't hesitate to call our office 303-532-2810