



**ABSOLUTE**  
COSMETIC MEDICINE

## **PIXEL LASER – AFTER CARE TREATMENT**

### **WHAT TO EXPECT FOLLOWING PIXEL LASER TREATMENT**

- After your treatment, your skin will feel warm to touch and sting as though you have bad sunburn. **THIS IS NORMAL.**
- The stinging and swelling will usually subside within 24 hours.
- The redness will subside within 2 to 3 days.
- Your skin will feel dry and rough and may appear a bit darker – usually lasting 4 to 5 days.
- Over the next week or two your skin will start to peel. Do not try to remove the dry, rough skin faster than the body wants. It is serving a purpose during healing and will slough off within the standard healing time of 7 to 10 days.

### **SKIN CARE TREATMENT**

#### **PURCHASE THESE PRODUCTS FROM YOUR PHARMACY**

It is best to buy all products in a tube or pump bottle. This prevents the risk of contamination through scooping the product out of a tub with your hands.

- Dermaid 1 % CREAM
- Cetaphil Gentle Skin Cleanser (Liquid)
- Cetaphil Moisturising Cream for dry, sensitive skin (recommended for daytime use)
- Dermeze CREAM
- Invisible Zinc Sunscreen (not tinted)

#### **FIRST 12 HOURS**

- You may find it difficult to sleep during the first night after your treatment,
- During this time you may take Aspirin, Nurofen or Panadol analgesic medication to calm the skin.
- Rinse the treated area with cool water and use a clean towel to PAT dry or apply a cool, water-soaked cloth or water mister to your skin to calm any stinging, redness or irritation. This can be done as often as you like during the first night. If using a cloth, use a clean one every time.
- Apply Dermaid, Dermeze or Cetaphil after you have rinsed your face. This has a soothing effect and can be done as often as is needed.
- Try to sleep on your back for the first night.
- Wash your hands before touching the treated areas
- **DO NOT RUB OR SCRATCH THE TREATED AREAS**

#### **12 HOURS AND BEYOND**

- Start using Cetaphil Cleanser. Gently wash the area and rinse off with cool water. Remember to PAT the area dry – do not rub.
- To reduce excessive inflammation, apply Dermaid 1% Cream to the treated area twice daily for 2 to 3 days.
- During the day – in between Dermaid – Cetaphil Moisturising Cream can be applied as often as is needed to keep the treated area moist.

**If your skin feels dry – it's time to re-apply**

- Apply a ZINC based sunscreen when UV exposure is expected. Even driving to work in the morning exposes your newly treated skin to UV rays.
- Sunscreen must be applied 20 to 30 minutes PRIOR to exposure to ensure protection. Remember to apply every TWO hours regardless of SPF value. The ingredients in many sunscreens start breaking down after two hours, which reduces the protection level, resulting in sunburn.
- Exposure of your treated skin to UV rays may cause hyper-pigmentation (darkening), sloughing unevenly and simply more damage than before.
- A large brimmed hat is also recommended when outside. Cotton gloves and a scarf should be worn if your hands and neck areas have been treated.

#### **MAKE-UP**

- You can start using a mineral-based powder make-up – which can be applied with a brush – after 5 days. Keep make-up application to a minimum to avoid disrupting the newly treated skin.
- There are many mineral powder make-ups available for purchase. All are fine for use after Pixel. Check the SPF coverage as most do not contain enough protection factor.
- Do not use heavy foundation that must be rubbed on.

#### **POST TREATMENT “DO NOT’S”**

- **Do not use any products containing glycolic / alpha hydroxyl / beta hydroxyl / tretinoin / tazarotene / adapalene / azaleic acid / bonxoyl peroxide, exfoliating products or self-tanners to your skin. These ingredients will irritate your skin and may induce hyper-pigmentation or discolouration to your newly treated skin. This applies for at least 2 weeks post treatment.**

#### **24 HOURS**

- Do not shave until the swelling has resolved – usually 24 hours.  
If you can use an electric shaver during the following 4 days, this is best as it does not irritate the treated skin.

#### **48 HOURS**

- Do not work out or perform heavy manual labour for 48 hours post treatment.  
This is to avoid sweating and the increase in heart rate that can cause your skin to become extremely flushed.

#### **7 TO 10 DAYS**

- Do not swim in chlorinated or salt water for 7 days. These environments have a different pH and can irritate your newly treated skin.
- Do not plan any outdoor activities or activity that exposes your skin to direct sunlight or artificial UV rays. Although we recommend that you always avoid these activities, we require compliance for the next 7 days.
- Do not pick, scratch, rub or use any form of micro-exfoliation products on your treated skin for at least 7 days.
- Do not schedule a facial, waxing or any other cosmetic or beauty treatment for at least 10 days post treatment.
- Your newly treated skin will start to feel itchy within the next 3 days. **DO NOT SCRATCH THE AREA.** This is part of the healing process and should only last a day or two. Rinse the area with cool water and apply Cetaphil Cream. This usually eases the itching.

**CONTACT THE ROOMS OR DR SYED SHOULD YOU HAVE ANY CONCERNS (oozing, weeping blister formation, fever, chills or a ‘hot’ feeling to certain areas of your skin 2 or 3 days after your treatment.**

#### **CONTACT NUMBERS:**

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