

**Potenza Post Treatment Instructions**

* Do not scrub the skin or exfoliate.
* Wash the area with warm water and a mild cleanser.
* Do not apply liquid makeup for 24 hours. Mineral makeup is acceptable after the erythema resolves.
* If erythema after treatment persists, clients may use an ice pack (frozen peas) at home. Instruct client to always use a protective barrier such as a face cloth between the skin and ice pack
* If skin feels tight or dry moisturizing cream may be applied.
* Refrain from touching your face. There are micro pathways opened into the dermis and hands will introduce bacteria.
* If skin feels tight or dry, apply moisturizing cream frequently.
* Clients with blemishes may find they may temporarily worsen due to inflammation or edema and may need extractions. If you currently have skin breakouts, you may find that the condition may temporarily worsen due to inflammation or edema.
* Do not pick at lesions, doing so may result in hyperpigmentation.
* Avoid ultraviolet rays and apply sunblock >30 SPF UV A/B daily.
* Avoid alcohol consumption if possible.
* For 24 hours refrain from high intensity aerobic exercise or activities that increase the body temperature i.e. (Sauna, hot tubs, steam showers or exercise i.e. jogging, weight training, kickboxing, etc. for 24 hours).
* Call your practitioner if any problems develop –concerns regarding rash, itching, erythema for more than 24 hours.