

# Congratulations!

We look forward to assisting you with your self-care regimen!

## Rosacea Laser Treatment

### PRE-TREATMENT

- Avoid UV exposure one week prior to treatment. You cannot be treated if you have a sunburn.

### POST-TREATMENT

- You may have erythema (redness) and/or swelling in the treated area(s) that can last for up to 1 week.
- No "blushing or flushing" x 24 hours. This includes exercise, extreme heat and UV sun exposure, eating spicy foods, or engaging in sexual intercourse.
- Avoid retinol use x 3 days.
- Apply sunscreen daily.
- Avoid UV exposure x 1 week.