

# Ecotone Laser

## Post Care Instructions

- When you cleanse, use a mild cleanser.
- We recommend that you do moisturize.
- Protect yourself from the sun by using SPF 30 + daily and wear a hat when you go outside.
- Avoid Retinol for 10-14 days.
- Avoid exercise, sweating, and saunas the day of the procedure.
- Avoid picking or scratching to prevent scarring or infections.
- If instructed, you may gently exfoliate on days 3-5. Be gentle and let the exfoliant do the work!
- If you experience swelling, you can take an antihistamine, such as Zyrtec, Claritin, or Benedryl.
- As always, remember that healing takes time, so be patient with your skin for best results.

For any additional post care questions, please call us at 540-323-7254 and visit us at [blossomaesthetic.com](http://blossomaesthetic.com)



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