



Total Skin Post Care Instructions

- Cleanse gently and use mild cleanser.
- Always moisturize!
- Protect yourself from the sun and avoid direct sunlight. Wear SPF 30+ daily and wear a hat when you're outside.
- Avoid Retinol for 10-14 days.
- Avoid exercise, sweating, and saunas the day of procedure.
- Avoid picking or scratching to prevent scarring or infection.
- 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, be patient with your healing. Remember, healing takes time.

For any additional post care questions, please call us at 540-323-7254 and visit us at blossomaesthetic.com



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