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How to protect your skin before and after the treatment

Recommendation for pigmentary photo type III - V according to Fitzpatrick scale to avoid hyperpigmentation, blistering, scarring or erythema:

Preparation

- Priming the skin which can be done with topical formulations containing gentle retinoids or vitamin C, for few weeks before the procedure.
- Sun protection by using proper sunscreens (at least 30 SPF) 3-4 weeks prior to procedure.
- Minimize swelling and bruising by using Arnica – topical or oral in the few days preceding the procedure.



RETINOL

After care

- Maintain hygienic standards and avoid irritants like soaps or antiseptics.
- Moist wound healing with Vaseline or more functional creams (MEBO Burn fast pain relief cream) or commercial Cica Creams that contains sucralfate or zinc oxide (CICA Plast) – use frequently.
- To have the best results use HA – containing products (avoid alcohol-based gels).
- In the first few days resort to physical sun protection (avoidance, use of sunglasses) rather than sunscreens, since sunscreens are not designed for damaged skin. However, sunscreens based exclusively on zinc oxide can be used liberally, it is both functional as a sun filter and healing promoting agent.
- It is a must to avoid steroids as they delay wound healing (unless instructed by the attending doctor to manage severe edema).
- Recommend wearing the hat or sunglasses for at least 4 weeks.

