

Pre-and-Post Care Instructions

Laser Facial

Proper laser facial pre- and post-care is essential for safe treatment, healthy recovery, and optimal results. At Corinne Aesthetics, every laser facial using the GentleMax Pro Plus is customized to your skin type and goals. How you prepare your skin before treatment and how you care for it afterward directly impact pigment response, collagen stimulation, and overall outcome.

This guide explains exactly how to prepare and what to expect after your laser facial.

Why Laser Facial Pre and Post Care Matters

A laser facial works by delivering controlled energy into the skin to target pigment and stimulate collagen production. Because the treatment interacts with both surface pigment and deeper dermal structures, your skin must be stable and protected before and after treatment.

Improper preparation or excessive sun exposure can increase the risk of:

- Post-inflammatory hyperpigmentation
- Prolonged redness
- Uneven pigment response
- Delayed healing

Following proper laser facial pre- and post-care helps ensure:

- Safer treatment
- More predictable pigment response
- Stronger collagen stimulation
- Faster recovery

Pre-Treatment Instructions

1–2 Weeks Before Your Laser Facial

Sun management is one of the most important parts of laser facial pre-treatment care.

- Avoid prolonged sun exposure
- Avoid tanning beds

- Do not use self-tanning products
- Wear SPF 30 or higher daily
- Avoid waxing or threading in the treatment area

Excessive sun exposure increases melanin activity and can make the skin more reactive during treatment.

5–7 Days Before Treatment

To minimize irritation and inflammation:

- Pause retinoids unless instructed otherwise
- Avoid glycolic, salicylic, or lactic acids
- Avoid harsh exfoliating scrubs
- Avoid starting new active skincare products

The goal is to have calm, balanced skin at the time of treatment.

24 Hours Before Treatment

- Avoid heavy exercise that causes excessive flushing
- Avoid strong exfoliation
- Keep the skin clean and hydrated

Arrive at your appointment with:

- Clean skin
- No makeup
- No lotions or oils

What to Expect Immediately After Your Laser Facial

After your laser facial, you may experience:

- Mild redness
- Warmth similar to light sun exposure
- Slight swelling in more sensitive areas

These reactions are normal and typically resolve within several hours.

Because this is a non-invasive treatment, downtime is minimal, but your skin will be temporarily more sensitive.

Post Laser Facial Care Instructions

First 24 Hours

Following proper laser facial aftercare instructions is critical during this period.

- Avoid direct sun exposure
- Do not exercise heavily
- Avoid hot showers, saunas, and steam rooms
- Use a gentle cleanser only
- Apply a simple, hydrating moisturizer
- Use SPF 30+ if going outdoors

Heat increases inflammation, so keeping the skin cool and calm supports recovery.

48–72 Hours After Treatment

Your skin may feel slightly dry or tight. This is normal as collagen remodeling begins.

- Continue strict sun protection
- Avoid retinoids and strong acids
- Avoid exfoliating scrubs
- Avoid waxing in treated areas
- Continue gentle skincare only

5–7 Days After Treatment

If the skin is calm:

- Retinoids may be resumed if directed
- Light exfoliation may resume
- Continue daily SPF use

Consistent sun protection is one of the most important parts of laser facial recovery. Protecting the skin helps maintain pigment stability and achieve long-term results.

Sun Exposure and Seasonal Considerations

Laser facials can be performed year-round in Thousand Oaks, but sun exposure must be carefully managed.

We are particularly cautious when there has been prolonged sun exposure. For many clients, fall and winter are ideal times to begin a laser facial series because:

- Sun exposure is typically lower
- Post-summer pigment is more visible
- Skin is less likely to be actively tanned

Laser facials are an excellent solution after the summer months, when UV exposure has increased pigmentation, dullness, and early collagen breakdown.

That said, treatments can absolutely be performed in spring and summer with proper SPF use and sun precautions.

When to Contact Corinne Aesthetics

Please contact us if you experience:

- Persistent redness lasting several days
- Blistering
- Unusual swelling
- Unexpected pigment darkening

We monitor all laser facial clients carefully and encourage communication during recovery.

Maximizing Your Laser Facial Results

Laser facial pre- and post-care extends beyond the first few days. Long-term results depend on maintenance and skin protection.

To support your results:

- Maintain daily SPF use
- Follow recommended treatment intervals
- Avoid smoking
- Maintain a consistent skincare routine
- Consider maintenance treatments every 6–12 months

Collagen remodeling is cumulative. Proper care ensures you receive the full benefit of your treatment.