

PREPARATION & RECOVERY

Don't Leave: Laser Scar Care

Prepare for scar-treatment visits and protect healing skin afterward. Follow your provider's personalized plan.

Follow your provider's personal instructions if they differ from this guide.

01 BEFORE TREATMENT

- Scars must be fully healed, at least 1 year old, with no open wounds. Arrive clean and shaved. Hydrate normally during the preceding 24 hours.
- Avoid sun/tanning for 4 weeks before; self-tanner for 2 weeks. Use SPF 45+ throughout treatment and for 6 months afterward.
- Pause glycolic/salicylic acid, benzoyl peroxide, and retinoids 5-7 days before; confirm prescription changes. Persistent pinpoint texture from the prior visit: call to reschedule 2 weeks later.

02 AFTER TREATMENT

- Avoid makeup for 2-3 days; sun/tanning for 4 weeks. Avoid swimming, chlorine, tight clothing, exercise, sweating, and excessive heat until cleared by your provider.
- Do not pick, scrub, or exfoliate. Use cloth-wrapped cold packs as needed, never direct ice. Once healed, use fragrance-free moisturizer or Aquaphor as directed.

03 HEALING AND SUPPORT

- Sunburn-like discomfort usually eases within 24 hours; redness/swelling may last 24-48 hours, sometimes 3-5 days.
- For emotional distress or self-harm thoughts, call/text 988. Call 911 for immediate danger or an injury needing emergency care.

WHEN TO GET HELP

Call Beauty Lab + Laser for blisters, worsening pain, spreading redness, drainage, or fever. Seek urgent care for severe symptoms or if unavailable.

Call 911 for trouble breathing, throat or tongue swelling, or collapse.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072