Helix Sultra *Aftercare*

Caring for your skin after gentle non-ablative laser

Sultra works beneath the skin's surface to stimulate collagen while keeping the outer layer intact, so recovery is light. These simple steps keep your skin comfortable and protected.

What to *expect*

When	What is normal
First few hours	Warmth and redness, like a mild sunburn. A cool compress helps.
Days 1 to 3	Mild swelling and pinkness. Skin may feel dry or slightly rough, like fine sandpaper.
Days 2 to 5	Some clients notice light flaking or a slightly bronzed look that fades on its own.
Weeks to months	Collagen builds gradually. Most clients do 3 sessions for best results.

The first 48 *hours*

Please do	Please avoid
• Cleanse gently with lukewarm water and a mild cleanser. Pat dry.	• Hot showers, saunas, steam rooms and heavy sweating for 24 to 48 hours.
• Moisturize generously with a gentle, fragrance-free moisturizer.	• Direct sun and tanning for 2 weeks.
• Apply mineral broad-spectrum SPF 30 or higher every day.	• Scrubbing, exfoliating or cleansing brushes.
• Use cool compresses for comfort and sleep with your head slightly raised the first night.	• Picking or rubbing dry or flaking skin.
• Makeup is okay after 24 hours.	

The following *week*

- Pause retinol, tretinoin, acids, vitamin C and exfoliants for 5 to 7 days.
- Keep using daily SPF and a hat outdoors.
- Wait 1 to 2 weeks before waxing, peels or other treatments on the area unless your provider has planned them.
- **Bruising treatment?** The bruise may change color as it fades over the next several days. This is expected.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Blisters, crusting or open skin
- Redness, swelling or pain that gets worse instead of better
- New dark or light patches
- Signs of infection, such as pus, spreading warmth or fever
- A cold sore outbreak

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.