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SURGEON

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## POST LASER CARE

- You may experience redness and slight swelling over the area of skin treated. This usually gradually subsides. In some patients, pigmentation may become darker for a few days. If the swelling is persistent or uncomfortable, you can apply an ice pack for 10 minutes every 2 hours and take a low-sedating antihistamine such as cetirizine or loratadine. If you develop swelling around your eyes, please sleep slightly more upright for the first 2 nights.
- You may develop some bruising. This will usually heal in a week without scarring.
- Use sunscreen with SPF50 regularly for at least a month after laser treatment and longer if the skin is red.
- Use a gentle cleanser to wash your face once or twice daily and apply a light hydrating moisturiser at least twice daily for the first few days as the skin may feel dry and tight after treatment.
- For certain skin conditions treated with laser, you may be prescribed with an antibiotic ointment or cream to be used on treated areas. Please use as instructed.
- If tingling, burning or itching is not relieved with moisturisers, you can add on the use of thermal water sprays as required.
- You may apply foundation or make-up 24 hours after treatment except on areas of crusting, broken skin or wounds.

The information provided in this document is intended as an resource only and should not be used as a substitute for professional diagnosis and treatment. Please consult your health care provider before making any health care decisions or for guidance about a specific medical condition.



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- Avoid:
  - o Vigorous exercise for 3 days after treatment
  - o Scrubs, exfoliators, salicylic acid, glycolic acid, retinol/tretinoin, hydroquinone and toners for 1 week after treatment
  - o Microdermabrasion, facials, waxing and chemical peels for 1 week after treatment
- If you develop crusting, scabbing or blistering, contact your doctor. In the meantime, keep the areas clean and apply Vaseline twice daily.

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