

# Aftercare Basics

- The mild stinging/burning sensation will soon reduce
- Anti-inflammatory / anti-histamine medication can help
- There may be some mild swelling - especially around the eyes after a blepharoplasty/eyelid procedure
- Swelling usually only lasts a few days
- Cool packs / aloe vera packs will soothe and reduce swelling
- Occasional weeping will settle
- The formation of brown / black crusts on the skin surface will occur - DO NOT pick - the crusts will fall off in few days
- Keep scabs moist by applying aloe vera up to three times per day
- Keep the treated area clean using lukewarm boiled water
- Avoid alcohol based cleansers
- Do not cover with plasters or occlusive dressing
- Once healed, use SPF50 sunscreen when out and about for at least 12 weeks and avoid sunbeds
- Consider the use of topical anti-oxidants to fight sun damage such as a Vitamin C serum. The use of citrus juice, aloe vera and soy are all cited as good ingredients for preventing hyperpigmentation
- Avoid smoking
- Men should avoid shaving over any area that has been treated until the skin has healed