

## DiamondGlow Treatment Post-Care Instructions

Congratulations on your DiamondGlow treatment! To maximize your results and maintain the health of your skin, follow these post-care instructions:

### Immediately After Treatment:

1. **Avoid Touching Your Face:** Refrain from touching your skin unnecessarily to reduce the risk of irritation or introducing bacteria.
2. **No Makeup for 24 Hours:** Allow your skin to breathe and recover. If makeup is necessary, use mineral-based products.
3. **Stay Hydrated:** Drink plenty of water to support your skin's healing and hydration.

### Skincare Guidelines:

1. **Gentle Cleansing:** Use a gentle, hydrating cleanser for the first 48 hours. Avoid harsh exfoliants or scrubs.
2. **Moisturize:** Keep your skin hydrated with a quality moisturizer recommended by your provider.
3. **Sun Protection:** Apply broad-spectrum SPF 30 or higher daily, even indoors. Avoid direct sun exposure for at least 48 hours.
4. **Avoid Active Ingredients:** Refrain from using retinol, AHAs, BHAs, or other active ingredients for 3–5 days, as your skin may be sensitive.

### Lifestyle Recommendations:

1. **Avoid Excessive Heat:** Refrain from saunas, steam rooms, or hot showers for 24–48 hours.
2. **Skip Strenuous Activities:** Avoid intense exercise that may cause sweating for the first 24 hours.
3. **No Waxing or Hair Removal:** Avoid facial waxing, threading, or laser treatments for at least 7 days.

### Maintenance:

For optimal results, schedule your next DiamondGlow treatment in 4–6 weeks and follow the skincare regimen recommended by your provider.

If you experience prolonged redness, swelling, or any other unusual reactions, contact us immediately at 203-304-9725.