



"After Care" for Aesthetic Procedures:

GMHC
Guttenberg Municipal
Hospital & Clinics

An Affiliate of **MERCYONE**

Sun

Sun is very damaging to your skin, especially after a laser treatment.

It is very important for you to use a mineral based sunscreen following your laser procedure. These are preferred because they block the light from getting to your skin. It sits on top of your skin, almost like a layer of "armor". We recommend an SPF of at least 30.

Examples: Sun Bum Mineral sunscreen
Coppertone Pure & Simple
Neutrogena Sheer Zinc
Blue Lizard Australian Sunscreen

All these are available at your local drugstores, Walmart, Target, etc.

Lotion

We also recommend that you use a good lotion on your skin following your aesthetic treatments. The laser uses heat which can be very drying to your skin. We recommend a quality lotion such as CeraVe or Aquaphor daily for a least the first week following your treatment.

Swelling

If you have issues with swelling or skin irritation, you may use Hydrocortisone 1% cream to these areas. You may use this 3-4 times daily as needed.

For more information about Aesthetic Laser Services at GMHC, please call 563-252-5536.