

POST-TREATMENT GUIDELINES - MOTUS PRO LASER - SKIN REJUVENATION • PIGMENTATION CORRECTION • VASCULAR TREATMENT

Mild redness, warmth, or light swelling is normal and typically resolves within **24–72 hours**.

FIRST 24–48 HOURS:

- Apply a cool, damp cloth or aloe-based gel for comfort
(*avoid applying ice directly to the skin*)
- Avoid hot showers, saunas, steam rooms, hot tubs, and swimming pools.
- Avoid vigorous exercise for **48 hours**.
- Avoid makeup or fragranced products on the treated area for **24 hours**.
- Do not rub, scratch, or pick at the skin.

TREATED PIGMENTED LESIONS — WHAT TO EXPECT:

- Pigmented spots may **darken** following treatment.
- They may crust, flake, or lightly peel over several days.
- This is normal — **do not pick** at flaking or peeling skin.

TREATED VASCULAR LESIONS — WHAT TO EXPECT:

- Treated vessels may appear **darker, purplish, or bruised** before they begin to fade.
- Temporary redness or swelling is normal.

ONGOING FOR TWO WEEKS:

- Continue avoiding sun exposure and apply broad-spectrum **SPF 30+ daily for 4 weeks**.
- Avoid self-tanner, bronzer, and spray tans until all redness and sensitivity have resolved.
- Avoid chemical or physical exfoliation until the skin is fully calm (typically **5–7 days**).
- Keep the area moisturized with a gentle, fragrance-free moisturizer.

EXPECTED RESULTS:

- Improvement occurs **gradually** over several sessions.
- Pigmented spots will **darken**, then flake naturally.
- Vascular lesions may lighten or fade over several days to weeks.
- Most patients require **3–6 sessions**, spaced **4–6 weeks** apart, depending on the concern.

WHEN TO CONTACT US:

Please contact us immediately if you experience:

- Blistering
- Spreading redness
- Drainage
- Fever
- Unusual or worsening pain

Call: 269-354-2064

Email: info@alamarmarmedspa.com