

MOSAIC PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Avoid sun exposure — Stay out of direct sun and avoid tanning beds for a minimum of 4 weeks prior. Treating tanned or sun-damaged skin significantly increases the risk of hyperpigmentation and complications.
- Discontinue active ingredients — Stop retinol, tretinoin, AHAs, BHAs, benzoyl peroxide, and all exfoliating products for at least 7 days before your treatment.
- Pre-treat if advised — Your provider may prescribe a pre-treatment protocol including a retinoid, hydroquinone, or antiviral medication. Follow all instructions carefully in the weeks leading up to your appointment.
- Manage cold sore history — Mosaic laser can trigger a herpes outbreak even in those with no recent history. Notify your provider — an antiviral medication is typically prescribed starting 1-2 days before treatment.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, fish oil, vitamin E, and alcohol for at least 5-7 days before to minimize bruising and bleeding.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, microneedling, and other laser or light-based treatments for at least 2-4 weeks beforehand.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment. A topical numbing cream will be applied by your provider prior to treatment.
- Plan for downtime — Expect 3-7 days of visible redness, swelling, and bronzing/peeling depending on treatment intensity. Arrange time off work or social commitments accordingly.
- Disclose full medical history — Inform your provider of all medications, supplements, skin conditions, history of keloid scarring, autoimmune conditions, recent sun exposure, or isotretinoin (Accutane) use within the past 12 months.

After Your Treatment — Post-Care Instructions

- Expect a sunburn-like response — Redness, swelling, warmth, and a bronzed or sandpaper-like texture are completely normal in the first few days. Skin typically begins to peel and flake between days 3-5 and continues resurfacing for up to 7 days.
- Keep skin consistently moisturized — Apply a gentle, fragrance-free healing ointment or moisturizer (as directed by your provider) regularly to support the skin barrier and minimize discomfort. Do not allow skin to dry out.
- Cleanse very gently — Use only lukewarm water and a gentle, fragrance-free cleanser as directed. Pat dry with a clean, soft cloth — never rub or scrub.
- Apply SPF every single day — Freshly resurfaced skin is extremely vulnerable to UV-induced hyperpigmentation. Use SPF 30-50 daily without exception and reapply every 2 hours when outdoors. Sun protection must continue for several months post-treatment.
- Do not pick or peel — Allow skin to shed completely on its own. Picking, peeling, or scratching prolongs healing and significantly increases the risk of scarring and hyperpigmentation.
- Avoid heat and sweat — Skip intense exercise, saunas, steam rooms, and hot showers for at least 48-72 hours after treatment to reduce inflammation and infection risk.
- Take prescribed medications — If your provider prescribed antiviral, antibiotic, or anti-inflammatory medications, complete the full course exactly as directed.
- Sleep with head elevated — Use an extra pillow for the first few nights to help reduce facial swelling.
- Pause all active skincare — Do not reintroduce retinol, AHAs, BHAs, vitamin C, or any exfoliants until your provider confirms your skin has fully healed — typically 7-14 days.

- Stay out of the sun — Avoid direct sun exposure for at least 4–6 weeks post-treatment. When outdoors, wear a wide-brimmed hat and apply SPF to all exposed areas.
- Stay hydrated — Drink plenty of water throughout the healing process to support skin regeneration from the inside out.

Contact your provider immediately if you experience:

- Fever, chills, or flu-like symptoms during healing
- Signs of infection: increasing pain, warmth, pus, or unusual odor
- Blistering beyond mild surface-level peeling
- Cold sore outbreak or unusual crusting around the mouth
- Prolonged redness or discoloration lasting beyond 4–6 weeks
- Any scarring, raised texture, or skin changes that concern you

The bronzed, rough texture in the days after Mosaic treatment is a normal and expected part of the process — it means the treatment is working. Full results, including improvements in tone, texture, pigmentation, and fine lines, are typically visible at 4–6 weeks, with collagen remodeling continuing for up to 3–6 months. A series of treatments is often recommended for optimal results.