

ULTRA 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 2 weeks prior. The Ultra targets pigment and surface tone — treating tanned skin significantly increases the risk of hyperpigmentation and uneven results.
- Discontinue active ingredients — Stop retinol, tretinoin, AHAs, BHAs, benzoyl peroxide, and all exfoliating products for at least 5-7 days before your treatment.
- Pre-treat if advised — If your provider has prescribed a pre-treatment protocol such as hydroquinone or a retinoid, follow all instructions carefully in the weeks leading up to your appointment.
- Manage cold sore history — Laser treatments can trigger a herpes outbreak even in those with no recent history. Notify your provider — an antiviral medication may be 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.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, microneedling, and other laser or light-based treatments for at least 2 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 mild downtime — The Ultra is gentler than ablative resurfacing lasers, but expect 2-3 days of redness and mild swelling, and 7 days of light peeling or flaking. Plan your social and work schedule 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 mild redness and a bronzed appearance — Redness, warmth, and a slightly bronzed or rough texture in the treated area are normal and expected in the first 2-4 days. Skin will begin to shed lightly as the superficial damaged cells turn over.
- Keep skin consistently moisturized — Apply a gentle, fragrance-free moisturizer or healing balm (as directed by your provider) regularly to keep the skin barrier supported and minimize peeling. Do not allow skin to dry out.
- Cleanse gently — Use only lukewarm water and a gentle, fragrance-free cleanser. Pat dry with a clean, soft cloth — never rub or scrub the treated area.
- Apply SPF every single day — The Ultra specifically targets surface pigmentation, making post-treatment skin especially vulnerable to UV-induced hyperpigmentation. Use SPF 30-50 daily without exception and reapply every 2 hours when outdoors.
- Do not pick or peel — Allow any flaking or bronzed skin to shed naturally on its own. Picking or peeling prolongs healing and increases the risk of post-inflammatory hyperpigmentation and scarring.
- Avoid heat and sweat — Skip intense exercise, saunas, steam rooms, and hot showers for at least 24-48 hours after treatment to minimize inflammation.
- Take prescribed medications — If your provider prescribed antiviral or other medications, complete the full course as directed.
- 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 5-7 days minimum.
- Stay out of the sun — Avoid direct sun exposure for at least 2-4 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 cell turnover and regeneration.

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 or open wounds beyond normal surface-level peeling
- Cold sore outbreak or unusual crusting around the mouth
- Prolonged redness or new dark patches lasting beyond 2–3 weeks
- Any skin changes or symptoms that concern you during healing

The Ultra is one of the most effective treatments available for surface pigmentation, tone, and texture with relatively minimal downtime compared to more aggressive resurfacing lasers. The bronzing and mild peeling in the days after treatment are a sign that old, damaged skin cells are shedding to reveal fresher, more even skin beneath. Results are typically visible within 1–2 weeks, with continued improvements in pigmentation and radiance over 4–8 weeks.