

North Carolina Dermatology Associates, PLLC  
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## **Post-Procedure Kit Instructions**

As with any cosmetic skin treatment, it's important to look after your skin following a cosmetic procedure for best results. At North Carolina Dermatology Associates, we recommended a straight forward, result oriented post procedure skin care routine for the best results with your skin.

### **Follow Routine for 7 Days**

#### **AM**

1. Cleanse treated area with lukewarm water at the sink using Neocutis Gentle Cleanser
2. Apply a thin layer of Neocutis AfterCare to entire treated area
3. Apply Elta MD Sunscreen to treated area

#### **PM**

1. Cleanse treated area with lukewarm water at the sink using Neocutis Gentle Cleanser
2. Apply a thin layer of Neocutis AfterCare to entire treated area

*Avoid sweaty exercise for the first 24 hours.*

*Avoid excessive sun exposure for the first 72 hours.*

*Make-up products should not be worn in the first 24 hours or longer.*

Seven days post-procedure, we recommend following our skin care philosophy that includes glycolic acid, antioxidants, peptides and a retinoid. Your aesthetician should see you in the following 1-2 weeks to discuss your recommended daily skin care routine to prolong and enhance the results of your cosmetic treatment.

If you have any questions, please do not hesitate to call our office at 919-596-9600.