



Waterhall Medical Centre

ICON™

Skin Revitalisation - Skin toning post treatment guidelines

What to expect

- Erythema typically resolves in less than an hour but in some cases may linger for 24 hours
- Frosting usually fades in 30 minutes
- Unwanted pigment will continue to darken and may turn 2-3 shades darker than original colour and shed over time
- Most unwanted pigment will significantly lighten or clear in 2-3 sessions
- Hypopigmentation may occur when treating epidermal pigmented lesions. It is usually transient and resolves over a period of 4-6 months.

Post-treatment recommendations

- Warmth of heat sensation is expected and will last for about 1 hour
- Slight swelling (oedema) of the treated area may occur after treatment
- Cool the skin post treatment as needed with cold gel packs or cool gel (i.e. aloe vera)
- Do not soak the treated area. Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Avoid the gym or excessive exercise for 24 to 48 hours after treatment. Avoid friction and anything that raises body temperature for 24 to 48 hours.
- Do not go in a spa/pool/sauna or anywhere that involves chlorine/chemicals or excessive heat for 24 to 48 hours after treatment
- Do not use aggressive scrubbing or exfoliants on the treated area
- Do not use any skin care with active ingredients such as Vitamin A or AHA
- Do not pick, remove, or pull at any darkened lesions as scarring may occur
- Use only mineral makeup for 24 hours post treatment and if the area(s) is not red

- There may be a slight darkening (bronzing) of the skin noticeable 3-10 days post treatment which resolves without intervention
- Do not shave the treated area if crusting is evident
- Avoid sun exposure between treatments. **Apply SPF50+ to protect exposed, treated areas.**

Please don't hesitate to contact the surgery on (08)64249111 if you have any questions.