

Laser Genesis – Before & Aftercare

Before Your Appointment

Avoid active skincare products (e.g., retinoids, acids) for 5 days before treatment.

Please attend your appointment with clean skin—no makeup, creams, or SPF.

You do not need to avoid sun exposure or tanning before this treatment.

Inform your practitioner if you are pregnant, breastfeeding, or have any medical concerns.

After Your Appointment

Mild redness or warmth may occur and typically resolves within a few hours.

Avoid hot baths, steam rooms, and strenuous exercise for 24 hours.

Use a gentle cleanser and apply SPF 30+ daily.

Do not use active skincare (retinoids, acids, etc.) for 3–5 days post-treatment.

What to Expect

Subtle improvements in redness, skin texture, and overall tone can be seen over a course of treatments.

A course of 4–6 sessions spaced 2–4 weeks apart is typically recommended for best results.

When to Contact Us

If you experience excessive swelling, blistering, prolonged redness, or signs of infection.

If you have any concerns about the treated area or post-treatment response.

Please contact the clinic immediately.

Emergency Contact

If you have any urgent concerns outside of clinic hours, please call: 07747 835321