

How to Help Your Skin Recover After Laser Treatments

Laser treatments use concentrated beams of light to target specific skin issues. Whether it's addressing pigmentation problems, fine lines, or achieving deep rejuvenation, lasers work by delivering precise energy to the targeted areas. The magic lies in the ability of these focused beams to stimulate collagen production, reduce pigmentation, and encourage the skin's natural healing processes.

Laser treatments open doors to transformation, but the real magic happens in caring for your skin afterward. In this guide, we'll explore simple practices to get the most out of your laser results while being kind to your skin. Let's dive in.

Easy Steps for Happy Skin

Laser treatments are fantastic, but your skin will need some love afterward. A good skincare recovery routine is vital to ensuring you get the results you want. Here are some easy rules to make sure your skin stays happy and you get the results you want:

Sunscreen Always:

Sunscreen is important for any skincare routine, but it's especially important after laser treatment. Protect your treated skin from the sun by using sunscreen with at least SPF 30. This helps prevent pigmentation issues from coming back and keeps your skin safe from UV rays.

Keep Your Skin Hydrated:

Another staple of any skincare routine, moisturizing is especially crucial after treatment. Laser treatments will probably leave your skin a bit thirsty. Use a gentle moisturizer to keep it happy and glowing. Hydrated skin not only looks good but also helps in the healing process.

Use a Gentle Cleanser:

Use a mild, fragrance-free cleanser. Harsh chemicals can undo the good work of laser treatments and may irritate your skin. Gentle cleansing helps your treated skin stay healthy.

Take It Easy with Products:

After a laser session, avoid heavy skincare products. Let your skin recover before using active ingredients. Giving your skin time to heal naturally will help you achieve those long-term results you want.

Different Recovery for Different Lasers

Different lasers treat different things, and your skincare routine should match. Being able to adjust your routine can make all the difference. Here are some suggestions:

For Pigment Treatments (e.g., 589 Nanometer Laser):

Focus on even skin tone. Use brightening serums and wear sunscreen to stop pigmentation issues from returning.

For Fine Lines (e.g., 1319 Nanometer Laser):

Use hydrating serums to really solidify your results. The 1319 nanometer laser targets fine lines, and your skincare routine helps keep your skin plump and refreshed.

For Deep Rejuvenation (e.g., Eterna Radiofrequency):

Use collagen-boosting products for long-term results and recovery. The Eterna radiofrequency device works deep, and your routine aims to keep that rejuvenation going.

Great Results Require Recovery

Your quest for great, glowing skin doesn't end with laser treatments or at the clinic. Allowing your skin to recover is just as important. But a simple, personalized skincare routine isn't just about keeping results; it's about showing your skin some love. Remember, every laser treatment is different and adjusting your routine ensures your skin stays vibrant.

About Dr. Rivera

Dr. Rivera is a board-certified general surgeon and owner of The Ratio by Body Math in Columbia, SC. She received her medical training at Yale University and completed her surgical residency at the University of Nevada. Dr. Rivera specializes in head and neck surgery and microsurgical reconstruction. She has published and presented her peer-reviewed research and is a Fellow of the American College of Surgeons.