

## DiamondGlow Post-Care Instructions

Thank you for choosing Pūr Skin Clinic for your treatment. Proper post-care is essential to ensure optimal results and a smooth recovery. Please review and follow these guidelines.

### Immediate Care:

- Your skin may appear slightly red or flushed post-treatment—this is normal and should subside within a few hours.
- Avoid touching your face excessively to keep the skin clean and prevent irritation.

### For the First 24 Hours:

- Do not use any active skincare ingredients, such as retinol, glycolic acid, salicylic acid, or exfoliants.
- Avoid excessive heat exposure, including saunas, hot showers, and direct sun exposure.
- Keep skin hydrated with a gentle, soothing moisturizer.
- Use a gentle cleanser to wash your face—avoid harsh scrubs or exfoliants.

### Sunscreen Protection:

- Apply a broad-spectrum SPF 30+ sunscreen daily, skin will be more sensitive to the sun.
- Avoid direct sun exposure and wear a hat if spending time outdoors.

### Makeup and Skincare:

- Makeup can typically be applied after 24 hours, but it's best to let your skin breathe if possible.
- Hydrating serums and nourishing products (like hyaluronic acid or Alastin Skin Nectar) can enhance results.

### Optimal Results & Maintenance:

- DiamondGlow results improve with consistent treatments. A series of treatments every 4 to 6 weeks is recommended for optimal skin health.
- Pairing with a medical-grade skincare routine can help maintain and enhance your results.

Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact the Pūr Skin Clinic location that you visited for your treatment.

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