

Revlite Melasma Aftercare Instructions

Thank you for choosing us for your Revlite Melasma treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild redness or swelling, similar to a light sunburn
- A warm or tingling sensation in the treated area
- Skin may feel tight or dry
- Temporary darkening of melasma patches is normal
- Light flaking or dryness may occur as the skin renews
- Visible improvement typically begins after a few days, with full results seen over multiple sessions

Immediately After Treatment:

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First 24 Hours:

- No makeup or active skincare ingredients (retinoids, AHAs, BHAs, vitamin C, etc.)
- Gently cleanse with a mild, non-exfoliating cleanser
- Apply a soothing, hydrating moisturizer
- Avoid excessive heat: no hot showers, saunas, or intense workouts
- Stay indoors or wear SPF 30+ if going outside

Ongoing Care (Days 2-14):

- Cleanse skin gently twice daily
- Moisturize regularly to combat dryness or flaking
- Avoid sun exposure completely or wear broad-spectrum SPF 30+ every day
- Absolutely no picking or scrubbing any flaking or darkened spots

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- Delay use of retinoids, exfoliants, and other active products until skin feels fully healed (usually around Day 7–10)
- Use calming, fragrance-free skincare products
- Consider using a pigment-fading serum if recommended by your provider

When to Contact Us:

- Prolonged redness or swelling lasting more than 3 days
- Blistering, burning, or signs of infection (pus, yellow crusting)
- Unusual pain or discomfort
- Concerns about changes in pigmentation or healing

Additional Tips:

- Always wear sunscreen — even indoors or on cloudy days
- Use a wide-brimmed hat or physical sunblock when outside
- Avoid direct sunlight, tanning beds, and hot environments
- Hydrate well and maintain a skin-supportive diet
- Be consistent with your laser treatment plan and skincare routine for long-term melasma management

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!