

**From:** Skinovation News <[REDACTED]>

**To:** Lesley <[REDACTED]>

**Subject:** The 5 Big Mistakes You're Making With Your Laser Treatments

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## **The 5 Big Mistakes You're Making With Your Laser Treatments**

Dionna Herring is one of our estheticians who not only has over 15 years experience performing laser procedures but also trains aspiring laser technicians on the many different types of laser technologies. We asked her what are the biggest mistakes that clients make on their laser journey toward the skin of their dreams. Here's what she had to say...

### **5. Using retinols before your treatment**

You should avoid the use of Retin-A or over the counter retinols for 10-14 days before your laser treatment. These products can cause skin sensitivity and make treatment outcomes less predictable.

### **4. Working out too soon**

Raising the blood pressure too soon after certain lasers and light based procedures can increase complications. Its best to wait 24-48 hours to resume your exercise routine.

### **3. Not being consistent**

Many laser treatments are most effective in a series. Depending on the treatment and individual concerns, they may also require a strict schedule of repetition.

## 2. Over moisturizing after your treatment

Natural exfoliation and re-epithelialization post laser takes time. Don't over moisturize as it can delay this healing process and clog the pores.

## 1. Not using optimal products

We recommend target skincare products designed to enhance the results of many laser treatments. Clients who use these can see up to 40% better results than those who don't.

Call the office at 212-249-8172 or [email](#) to book your laser appointments now



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