



PRE-APPOINTMENT & AFTERCARE INSTRUCTIONS

SCAR CAMOUFLAGE

Aftercare Instructions

Proper aftercare is essential to ensure the best healing and beautiful, natural-looking results from your scar camouflage treatment. Please follow these guidelines closely:

- **Immediately After Treatment**

- Your treated area may feel sensitive, warm, or slightly swollen—this is normal.
- Avoid touching or picking at the area to prevent infection and pigment loss.

- **For The First 7–10 Days**

- Keep the area clean and dry. Gently cleanse with a mild, fragrance-free soap and water—pat dry, don't rub.
- Avoid tight clothing on scars
- Avoid soaking the area (no swimming, baths, or hot tubs). Showers are fine but keep the area out of direct water spray.
- Apply ointment 3 times a day to support healing and prevent dryness.
- Avoid makeup, creams, or other skincare products on the treated area unless approved.
- Avoid direct sun exposure and tanning beds. Use a high-SPF sunscreen (30+) on the area once healed.
- Avoid Heavy sweating or strenuous exercise that causes excessive moisture or irritation.
- Avoid Picking, scratching, or rubbing the treated area.
- Avoid chemical exfoliants, retinol, or other active skincare products on the area until fully healed.

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General Healing Timeline

Scar camouflage is a highly individualized treatment, and healing times can vary based on your skin, health, and the type of scar being treated. Understanding what affects your recovery will help you get the best possible results.

- **Days 1-7**

- You may experience light redness, tightness, or mild flaking. This is normal.

- **Weeks 2-4**

- The surface continues to heal, and pigment may appear lighter as the skin regenerates.

- **Weeks 8-12**

- Pigment begins to settle into the skin and the true results begin to show.

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Factors That Affect Healing Time

- **Type and Age of Scar**
 - Older, fully healed scars (1 year or more) respond better and typically heal faster.
 - Scars that are raised, stretched, or delicate may need more time or multiple sessions.
- **Scar Location**
 - High-movement areas (like the stomach or joints) and high-friction areas (like waistbands or bra straps) may heal more slowly.
 - Thin or sensitive skin may require extra care and gentle treatment.
- **Skin Type**
 - Oily, dry, or sensitive skin can affect pigment retention and overall healing.
 - Darker skin tones may need more time to settle due to pigment sensitivity or potential for discoloration.
- **Overall Health**
 - A strong immune system promotes quicker healing.
 - Conditions such as diabetes or autoimmune disorders, or the use of certain medications, can slow the healing process.
- **Aftercare Compliance**
 - Following your aftercare instructions closely is essential for proper healing.
 - Avoid picking, rubbing, heavy sweating, or direct sun exposure during the healing period.

SCAR CAMOUFLAGE

Factors That Affect Healing Time

- **Technique and Pigment Selection**

- At Beautiful & Co., we use a gentle, layered approach with pigments carefully matched to your skin tone to minimize trauma and encourage optimal results.

- **Touch-Up Timeline**

- We recommend waiting 12 weeks before evaluating your final results. At that point, we can determine whether a touch-up is needed. Most clients achieve their desired outcome in one to two sessions, depending on individual factors.