

Post-Dermatology Treatment Care Instructions

Dear [Patient's Name],

Thank you for visiting our clinic for your dermatology treatment. To ensure optimal healing and results, please follow the care instructions below:

Skincare Routine

- Gently cleanse the treated area with a mild, non-irritating cleanser.
- Apply prescribed ointments or creams as directed by your dermatologist.
- Avoid using harsh scrubs or exfoliants for at least [X] days.

Sun Protection

It is crucial to protect your skin from the sun:

- Apply a broad-spectrum sunscreen with an SPF of at least 30 every day.
- Avoid direct sun exposure during peak hours (10 AM to 4 PM).
- Wear protective clothing and a wide-brimmed hat when outdoors.

Post-Treatment Care

- Avoid picking or scratching the treated area.
- Do not swim in pools, hot tubs, or the ocean for [X] days.
- Keep the area clean and dry; avoid heavy makeup on the area until healed.

Signs to Watch For

If you experience any of the following symptoms, please contact our office immediately:

- Increased redness or swelling.
- Persistent pain or discomfort.
- Signs of infection (pus, fever, etc.).

Thank you for your cooperation! Should you have any questions or concerns, do not hesitate to reach out to our clinic.

Sincerely,

[Your Name]
[Your Title]
[Clinic Name]
[Contact Information]