

# Precautions After Laser Lifting

## After the Procedure:

- Light cleansing and showers are possible after laser treatment. After cleansing and showering, gently press with a towel to remove moisture.
- Please avoid saunas, steam rooms, and vigorous exercise for about 7 days following laser treatment.
- A feeling of stiffness in the treated area after laser treatment is a natural occurrence and typically subsides within a week.
- Swelling that occurs in some patients post-laser usually resolves within a week.
- An immediate lifting effect can be seen immediately after laser treatment, with further lifting and face contouring effects due to new collagen formation and fat reduction becoming more apparent after 4 weeks.
- For the best lifting result, recommended interval for laser treatment is 1 month for Shurink laser lifting, 6 months for Ultherapy laser lifting.

※ Individual experiences may vary.

Contact us  
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