



Diamond Glow Aftercare Instructions

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Post Care

Immediately After the Treatment (First 24 Hours)

- Keep skin hydrated: Apply a gentle, hydrating moisturizer as recommended by your provider.
- Use SPF: Your skin will be more sensitive to UV rays. Apply a broad-spectrum SPF 30 or higher throughout the day, even if you're indoors.
- Drink water: Hydration aids in flushing out toxins and supports skin healing.
- Do not wear makeup for at least 24 hours to prevent clogging freshly cleansed pores.
- Avoid touching your face, which could transfer bacteria or cause irritation.
- Stay out of the sun, tanning beds, or intense heat sources like saunas or steam rooms.
- Do not exfoliate or use any active ingredients (e.g., retinol, glycolic acid, salicylic acid).

Next 2–5 Days

- Cleanse with a gentle, non-stripping cleanser.
- Apply a lightweight serum (preferably one provided or recommended after your treatment).
- Use SPF diligently every morning.
- Follow any post-care regimen your provider gave you.
- Avoid harsh scrubs, exfoliants, or active chemical products.
- Avoid waxing, laser treatments, or microdermabrasion.
- Avoid heavy sweating (e.g., hot yoga, intense exercise) for 24–48 hours.

What to Expect

- Glowing, plump skin may be visible immediately.
- Mild redness is normal and should resolve within a few hours.
- Dryness or light peeling is possible as dead skin cells shed—this is a normal part of the renewal process.

Suggested Products

- Gentle Cleanser
- Moisturizer (Fragrance-free, such as Cetaphil or Alastin Ultra Nourishing Moisturizer)
- SPF (ElaMD, Alastin Hydratint, or a zinc-based sunscreen)

Follow-up

- Diamond Glow can be done as part of a monthly skin health routine. Regular treatments optimize and maintain long-term results.
 - Consult your provider about a custom schedule based on your skin goals (e.g., acne, fine lines, dryness).
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