

## CARE INSTRUCTIONS

### What To Expect & What You Should Do

#### Feeling of Warmth

<b>What to Expect</b>	The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
<b>What to Do</b>	Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.

#### Redness (Erythema)

<b>What to Expect</b>	Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.
<b>What to Do</b>	Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.

#### MENDs

<b>What to Expect</b>	MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin.
<b>What to Do</b>	MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin.

### Possible Side Effects

#### Feeling of Warmth

<b>What to Expect</b>	Swelling can occur and is typically expected immediately after treatment.
<b>What to Do</b>	Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in more upright position the first 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.

### POST- TREATMENT CARE:

**CLEANSING:** Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after treatment. Use your hands and gentle patting motions. **DO NOT** rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

**MOISTURIZER:** Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. **DO NOT** apply any other products that were not instructed by your doctor – eg. essential oils, coconut oil, etc.

**SUNSCREEN:** Sunscreen is a **MUST** and should be used daily beginning the day after treatment and used consistently for up to **3 months** post-procedure. Use a physical sunscreen with broadband UVA and UVB protection and an SPF of 30 and more. Ensure to reapply during sun exposure.

- **Do NOT** use active ingredients for 7-10 days, including: Retinol/retinoids, AHAs / BHAs, Vitamin C, Benzoyl peroxide
- **Do NOT** pick, scratch, or peel your skin.
- No intense exercise, saunas, steam rooms, or hot tubs for 48-72 hours

**IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.**