



### AFTER CARE INSTRUCTIONS: MEDICAL AESTHETICIAN

Providing our patients with the finest possible medical care available is our continuing goal. We take pride in helping our patients have a very positive experience while under our care. The following instructions will you achieve the optimal results that you deserve.

Please look for specific treatment below to read your post treatment instructions.

We look forward to your great results 😊

Please do not hesitate to call with questions or concerns

#### **Post-treatment: IPL**

1. Avoid unprotected sun exposure for at least 14 days after your IPL photorejuvenation session. The skin is especially sensitive as it heals and re-damaging the skin is possible during this time.
2. If possible, do not apply makeup immediately after the treatment. It is best to give the skin 12 hours of rest before putting product on the skin.
3. Do not take a hot bath, hot shower or bask in the hot tub for at least 48 hours. Warm showers are fine, but you do not want the skin to overheat while it recovers from the heat and light waves from the IPL treatment.
4. Avoid strenuous activity or exercise for 48 hours after the photofacial session. Overheating the skin can hamper the positive effects of the treatment.
5. Do not scratch or pick the skin during recovery. As blemishes surface, leave them be! They will flake off naturally. You do not want to create a scar where a brown spot once lived.
6. Avoid any product or supplement high in Vitamin A, such as retinoic acid, glycolic acid, tretinoin (Retin-A), Accutane and alpha-hydroxy acids.



## **Post-treatment: ULTHERAPY**

1. Typically, you may return to your normal activities after Ultherapy.
2. Immediately following treatment, Erythema (redness), minor swelling, slight tenderness, tingling, numbness, and/or occasional minor bruising may occur.
3. Do not apply ice or cold to the area for the first 12 hours after treatment
4. Some patients will experience some temporary swelling. We recommend sleeping on several pillows for the first two to three nights to allow the anesthetic to drain down.
5. It is normal to experience mild tenderness, swelling and bruising along the jaw line for several days in some cases longer.
6. Some patients may experience mild bruising with the procedure. If you have more significant bruising, we recommend oral or topical Arnica to minimize bruising. You may purchase Arnica at the reception. Please start Arnica 2 days before your procedure.
7. Some patients may have temporary welts that last a few days, in rare cases longer. If this occurs ice the area each hour for 5-10 minutes.
8. You may experience some numbness or shooting pains, particularly on the brow bone area on occasion. This is temporary and will resolve soon. Please call us with any concerns.
9. Wash skin with cool water and a gentle cleanser.
10. Sunscreen or makeup with SPF may be applied immediately after the treatment.
11. Regularly used products may be applied as desired following treatment.



## **Post-treatment: LASER HAIR REMOVAL**

1. Avoid extended UV exposure for 7 days post-treatment.
2. If blisters occur, do not puncture. If skin is broken, apply an antibiotic ointment until healed.
3. Tylenol is recommended for post-treatment discomfort.
4. Over the counter medication is recommended for post treatment discomfort. You may also apply Restorative Gel (highest recommended), cool towels, ice packs or aloe vera to alleviate discomfort due to heat.
5. Avoid using seat warmers immediately after treatment.
6. Avoid any additional laser treatments or chemical procedures on the treated area for at least 2 weeks post-treatment or until healing has occurred.
7. Using a broad spectrum UVA/UVB SPF 30 or higher is critical when receiving laser treatments and recommended ongoing for maintenance.
8. If you have sensitivity or irritation in the treated area, apply an ice pack to the area. You may also apply over the counter 1% hydrocortisone the area.
9. If you experience any side effects, such as hypo- or hyper-pigmentation, prolonged redness or swelling, a histamine reaction, or blistering, call or come in for instructions on treatment.
10. To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.
11. Be sure to maintain moisture on the skin at all times. Apply a gentle moisturizer immediately following the treatment.
12. Use a gentle cleanser with warm water, twice a day.



## **Post-treatment: SKIN PEN / MICRONEEDLING**

Immediately after your treatment:

1. You will look as though you have a moderate to severe sunburn
2. Your skin may feel warm and tighter than usual.
3. You may also notice some slight swelling, both are normal and should subside after 1 to 2 hours and will normally diminish within the same day or 24 hours.
4. You may see slight redness after 24 hours but only in minimal areas or spots.

Care after your treatment:

1. Do not wash your face for 12 hours after treatment. Use tepid water for the initial 24 hours to rinse the treated area
2. After 24 hours, use a gentle cleanser to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area
3. Apply the SkinPen® lubricant provided for moisture over the next 24 hours.
4. It is recommended that makeup or sunscreen should not be applied for 24 hours after the procedure.
5. Do not apply any makeup with a makeup brush, especially if it is not clean
6. After the initial 24 hours, apply a broad spectrum UVA/UVB sunscreen with a minimum SPF 30 for two weeks. A chemical-free sunscreen is highly recommended.

What to Avoid:

1. For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
2. Avoid intentional and direct sunlight for 48 hours. No tanning beds.
3. Do not go swimming for at least 24 hours post-treatment.
4. No exercising or strenuous activity for the first 24 hours post-treatment.
5. Sweating and gym environments must be avoided during the first 72 hours post-treatment



## **Post-treatment: VI / SKIN PEEL**

For the most up to date instructions, please download the VI app on your phone. The instructions below are a summary of those instructions, but may not be as updated as the app.

Immediately following the peel, the skin may appear tan, red, or yellow; this is temporary and will fade in minutes.

### **DAY ONE**

1. Do not wash, touch, or apply make-up and/or sunscreen for at least 4 - 6 hours while peel is on the skin. **APPLY NOTHING.**
2. If you have excessive itching or irritation prior to this time period, you may wash the treated area with a mild cleanser and water. **DO NOT** rub with anything harsh such as a sponge or a washcloth
3. Take Benadryl if needed.
4. Cleanse after 4 - 6 hours. Wash area with a mild cleanser (if you don't have one we will suggest one) and water with hands only. Make sure skin is dried well
5. Apply one of the post-peel retinoid towelettes to the peeled area 30 - 45 minutes after cleansing peel. Making sure the skin is completely dry before applying the towelette. Allow the product to absorb into the skin before going to bed (at least 1 hour before bedtime).
6. If after applying the towelette you feel extremely dry or slightly stinging you may use the Vi Derm Moisturizer included in this kit. If needed, you may also apply a light layer of hydrocortisone 1% or 2.5% cream to relieve any irritation or redness

### **DAY TWO**

1. AM: Gently wash face with a mild cleanser. You should apply the Vi sunscreen and/or make-up. Be aware of your sun exposure and make sure you have protection on.
2. PM: One to two hours before bedtime, wash area with a mild cleanser and water with hands only. Dry well, as skin must be completely dry. Apply the second post-peel retinoid towelette to the peeled area at least one hour before bed. This will allow the product to absorb into the skin before going to bed.
3. If after using the towelette you feel extremely dry or uncomfortable you may use the VI Derm moisturizer included in this kit. If needed, you may also apply a light layer of hydrocortisone 1% or 2.5% cream to relieve irritation or redness. Take Benadryl if needed.

### **DAY THREE - FIVE**

1. AM: Cleanse with mild cleanser, then apply moisturizer (if needed) and sunscreen before make-up. (Please use the products given). You may apply hydrocortisone cream at this time.
2. PM: Cleanse with mild cleanser and moisturize with the VI moisturizer. You can also apply hydrocortisone cream.
3. You will start the peeling process by seeing a slight sloughing of the skin, first around the perioral area (mouth) then the rest of the treated areas. At this time the skin can get very itchy. This is a sign of healing and is normal! Again, apply hydrocortisone cream over the "itchy" areas.
4. After peeling begins, apply Vi Derm moisturizer as often as necessary for comfort or to hide any sloughing of the skin. This will also aide in elimination of picking the peeling skin. Refrain from picking the skin so redness, irritation and hyper pigmentation do not occur.

### **DAY SIX AND AFTER**

1. You may resume your regular skin care regimen. If your skin is still sensitive or becomes red or irritated, wait until sensitivity subsides before using any strong products. This may take up to 2 weeks.



### **Post-treatment: HYDROFACIAL**

1. Avoid prolonged sun exposure or sun bathing for at least 2 weeks (although, we recommend this indefinitely) to prevent UV rays from damaging your skin which slows down the benefits of Hydrafacial. Patients who absolutely cannot avoid sun exposure should use a broadspectrum sunscreen with an SPF of 30 or higher to maintain your improved skin.
2. Injections can be resumed in 24hrs.
3. Waxing and depilatories can be resumed in 48 hrs.
4. Avoid heat (hot showers, sauna, and intense cardio) for 24 hrs.
5. If you do not need make-up for the evening of treatment, wait until the next morning.
6. Topical prescriptive medications can be resumed in 48 hrs.
7. OTC acne medications may be resumed in 48 hrs.



## **Post-treatment: DERMAPLANING**

1. Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment.
2. Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a wide brimmed hat, and seek shade when possible.
3. Be careful of sun exposure and wear sunscreen daily for 2 weeks.
4. Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc.
5. Avoid chlorine for 24 hours.
6. Avoid facial waxing for 7 days.
7. Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area.
8. Do not pick, scratch, or aggressively rub the treated area.
9. No scrubs, polishers, or aggressive brushes should be used for 7 to 14 days.
10. Do apply serums as absorption levels will be elevated
11. You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days
12. Skin care products may tingle or slightly burn for the first 2 days.



## **Post-treatment: SKIN TAG / MOLE REMOVAL**

1. Post treatment, the areas that were treated may feel irritated, tender or red.
2. Temporary scabbing may form. The scabs will slowly fall off with gentle cleansing
3. Remember that prematurely removing scabs may cause hyperpigmentation or scars.
4. NO hot showers for 48 hours. NO swimming (pool/ocean) for 2 weeks.
5. Clean the area and shower, using mild products with no alcohol. Gently clean the area at least 2-3 times per day.
6. Use Aquaphor to keep the area covered and protected multiple times a day. Try to prevent the area from drying out if possible.
7. Do not expose area to direct sun. Apply sun block during the day, even in the winter, cloudy & rainy days.
8. Avoid direct sunlight during peak hours (11am – 5pm). No peeling/ bleaching products for 28 days.
9. Clean the area and shower, using mild products with no alcohol.
10. You may be left with some discoloration in the area (pinkness) and that can take 3-8 weeks to go away (healing time varies).
11. Make sure you are back for complimentary review 8 weeks post treatment.