



C A R E

CENTER *for*
ADVANCED
REJUVENATION &
ESTHETICS®

POST PROCEDURE INSTRUCTIONS

It is normal to experience possible bruising, redness, itching, soreness, and swelling which usually subsides within 24-48 hours, but may last from 3-10 days following your procedure. Arnica and bromelain are helpful to decrease bruising and swelling.

Tylenol may be taken for discomfort/pain (very rare) Again, avoid Advil (NSAIDs) and aspirin.

Things to do:

- Drink at least 64 ounces of water the day of treatment and for 1 week afterwards. Hydration is key for good recovery and skin health.
- Do not touch, press, rub, or manipulate treated areas for at least 8 hours.
- No exercising or strenuous activity for 2 days post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- No pools, Hot tubs, excessive sweating, or excessive heat for 7-10 days
- Ice may be applied for 10 min on and 10 min off after the procedure for swelling/bruising in injected areas (if needed)
- No sunscreen OR makeup for 24 hours following treatment
- Apply **Aquaphor** post treatment as often as desired when skin dryness occurs. Aquaphor may be applied several times per day.
- Wash the face MINIMALLY 6 hours after treatment. Use a gentle cleanser, such as **Cetaphil**. Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time), and remove all serum and dried blood.
- 12-72 hours post-treatment minimal makeup can be applied, but continue to use a gentle cleanser, Aquaphor, and Sunscreen SPF 30+
- After 72 hours following treatment, you can return to regular skin care regimen
- Avoid alcohol based toners for 7 days as well as excessive sun exposure for 10 days
- Skin may be peeling or scaling. Do not pick at scabs or if blistering occurs, do not pick or remove scabs. This could lead to unintentional scarring

What to avoid:

To ensure the proper healing environment, be certain to observe the following:

- For at least 1 month 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.
- Avoid retinol in particular when sunspots are removed, as the redness following treatment will certainly persist in duration. Redness will eventually disappear, but this can be extended to several weeks/months of excessive skin products being used prior to complete healing. Avoid direct sunlight on such red spots simultaneously.
- Avoid intentional and direct sunlight, tanning beds, and heat exposure for 3 days.