

C A R E

CENTER *for*
ADVANCED
REJUVENATION &
ESTHETICS®

Post Op Instructions

V-FR

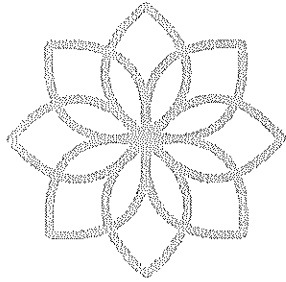
- An immediate post treatment burning sensation of the treatment area is expected, as well as indications of edema and/or erythema. The burning sensation, edema and/or erythema may last up to several hours post treatment. If edema lasts more than 36 hours post treatment or a worsening of edema is detected, please contact your physician.
- 12 hours post treatment, typical moisturizing cream (any over the counter) may be applied.
- 24 hours post treatment typical make-up (any over the counter) may be applied
- Avoid the use of hot water massages or the use of swimming pools
- Avoid the use of abrasive or harsh products
- Avoid any mechanical or thermal damage to the treated area (e.g. Sauna)
- Avoid strenuous exercise and excessive sweating
- Keep the skin clean in order to avoid contamination or infection
- It is highly recommended to use a moisturizer twice a day, morning and night, over the next 5-7 days.
- If blistering or ulcerated skin occurs, please contact your physician. (This is a rare occurrence)
- During your entire course of treatment:
Stay hydrated (drinking at least 1 liter of water daily). Start at least one week before the first treatment
Use a high-factor sunscreen (at least 50 SPF) for at least 1 month after every treatment
Avoid any type of skin tanning

V-FORM

- Drink lots of water
- Exercise regularly
- Use hydrocortisone for redness or marks
- Do NOT have hot baths, excessive aerobic exercise, rough sports, massage, etc. during the next 24 hours.
- Practice high hygienic measures of the treated area.
- Adherence to a healthy lifestyle (diet and exercise) is strongly encouraged and may help to obtain better results.

V-IPL

- Transient erythema/edema may appear immediately post treatment - typically resolve within 24-48 hrs
- There is a small risk of changes in the texture and pigmentation of the skin, which are also usually transient. In case of a more serious adverse response such as blistering, swelling, scarring or long-lasting changes in pigmentations, be sure to consult with a physician
- Do not partake in hot baths, aerobic exercise, rough sports, massage, etc. during the next 5 days, until the skin returns to its normal condition
- Maintain high hygienic measures of the treated area during the next 5-7 days
- Do not tan during the next 14 days (including tan beds and creams). Use high factor (30-50 SPF) sun block for at least 1 month post treatment
- Makeup can be applied immediately post treatment. In the case the treatment site scales or cakes, the patient should stop wearing makeup
- Note that hormonal changes in the body, exposure to sunlight, genetics and other external / internal factors may induce reappearance of the symptoms treated (pigmentation, acne, hair growth, etc.).



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- It is highly recommended to moisten the skin post phototherapy treatments
- In hair removal treatments – 2-3 weeks post treatment hair growth should be reduced and the patient should be able to easily pull hair out
- In pigmentation and skin rejuvenation treatments, gradual clearing of the lesion may take a few months. The lesion will gradually darken (for up to 14.,days) and eventually exfoliate after the treatment. The exfoliation is a desirable outcome of the treatment. Skin should not be
- Use a high-factor sunscreen (at least 50 SPF)

V-ST

- Redness and swelling in the treated area may occur and is a normal reaction. Use cold compresses only in the presence of adverse effects, to help alleviate the symptoms.
- Make-up may be applied immediately after the treatment
- In cases where superficial crusting or scabbing occurs, do not rub, scratch or remove the scab. Cleanse the area gently and pay dry.
- Discontinue any irritant topical agents 3 days after the treatment (products containing tretinoin, ect.)
- Following treatment avoid the use of extra-hot water and discontinue use of abrasive or harsh products for two days.
- Apply a high factor sunscreen (at least 30 SPF) and protect the treated area from sunlight for two weeks following treatment.

Dermafuse

- A mask, moisturizer, or sunscreen may be applied post-treatment
- Patients may return to normal routine immediately post treatment
- Patients should be strongly advised to:
- Apply sunblock to the treated area following every session
- Maintain a healthy lifestyle including a low calorie, low fat diet and daily exercise
- Drink water
- Weight fluctuation may have a negative impact on the result

Pristine

- Keep the new skin clean and moisturized
- Anti-inflammatory creams or cold compresses may be used as necessary
- Use a gentle cleanser.
- Trauma such as scratching or picking the treated area should be avoided.
- It is important to avoid irritating the treated skin with harsh chemicals, rubbing or tanning for one week.
- Although some peeling may occur in the treated areas, moisturizer should help minimize this effect.
- Avoid staying in the sun for at least 7 days after the microdermabrasion treatment to prevent UV rays from damaging your skin which slows down the recovery.
- Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide or topical acne medications for 24-48 hours following treatment.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) 3 - 7 days after last microdermabrasion treatment or as instructed by your technician.