

Agnes/Scarlet

PRE-TREATMENT PRECAUTIONS:

- No blood thinners within 1 week of treatment. Example, aspirin, fish oil, NSAIDS.
- No Chemical peels 1~6 weeks before the treatment
- No LED or non-invasive lasers 2~3 weeks before the treatment
- Invasive lasers in 6~12 weeks before the treatment
- No use of **Retin A, Retinols** 1 weeks before the treatment
- No hair perm or hair dye in 1 week before treatment

POST CARE CONSIDERATIONS:

- 1) Continue to apply hydrating product as approved by your provider as frequently as needed to assure your skin stays hydrated.
- 2) The morning following your procedure cleanse your face with Cetaphil cleanser or the gentle cleanser approved by your provider followed by application of approved hydrating products.
- 3) The evening after your procedure repeat the washing and hydrating process.
- 4) You may apply hydrating product as frequently as needed to stay feeling moisturized throughout the days.
- 5) Continue morning and evening gentle cleansing and hydration application for 3-5 days depending on how quickly you are recovering.
- 6) You may apply sunscreen and makeup at 48 hours.
- 7) If you are using any skin lightening agent (Hydroquinone, vitamin C, etc.) you may begin to use these again the morning after your procedure.
- 8) Wait 5-7 days to return to your full pre-procedure product routine.
- 9) You may ice if absolutely needed, however we encourage you not to because the heat and inflammation are what drive results and will improve on their own within hours or a day or two.
- 10) Do not take NSAIDs (Ibuprofen, naproxen) or aspirin for the same reason. Tylenol is acceptable for pain relief if needed.

11) Avoid Animals kisses/petting then touching face as you are at risk for infection for 48 hours. Please keep all materials touching your face clean.

12) Exercise is permitted the day following your procedure but must be followed by immediate face washing.

13) To aid in the healing process and decrease swelling refer to YouTube's Lymphatic Drainage/Face Lifting Massage videos.

Possible Side Effects:

1. Swelling–this will last for 2–7days normally but can continue at mild levels for weeks to months depending on how much work is done.
2. Dry and peeling skin can be normal for days to weeks.
3. Redness that may last for 1–5 days normally but can continue mildly for a week or two.
4. Itchiness may occur in the area treated. Topical or oral Benadryl can be used to relieve this. It is a normal part of healing.
5. Tenderness of the treatment area may occur. This is temporary.
6. Numbness in the area treated may occur. This is temporary but can last several weeks to months depending on the amount of work done.
7. "Collagen balls" may occur in the treatment area. These are small white patches or bumps that can be seen and or felt under the skin. They may be mistaken for a pimple or a milia. They typically appear around the eyes or jowls. They will dissipate in a week to months. These are a good sign of skin rejuvenation even though they are not slightly in appearance or texture. You may massage as often as tolerated to help with their resolution.