



### **Neurotoxin Aftercare (Botox/Dysport/Xeomin)**

Avoid herbal supplements such as Ginkgo, green tea and anti-inflammatories of any kind for 2 weeks following treatment to limit bruising.

For the first 5-6 hours following neurotoxin, remain upright and periodically perform facial movements in the areas of injections to work the neurotoxin into the muscle - e.g., smile, squint, etc.

Do not participate in activities that include heavy lifting, vigorous exercise, straining, or excessive heat such as tanning beds for 2-3 hours (it takes approximately 2-3 hours for the neurotoxin to bind to the nerve and you do not want to increase circulation during that time).

Do not rub, touch, or manipulate neurotoxin for 6 hours.

Avoid irritating products for 24 hours following neurotoxin.

Makeup may be applied gently before leaving the office, remember to wipe up and away from your eyes and/or brows.

Bruising in the area injected is normal and often expected, especially if treated around the eyes. Bruising can last up to several weeks. Oral or topical Arnica, an herbal supplement, may help with reducing swelling caused by cosmetic treatments. DO NOT take Arnica if you have liver or kidney problems.

It may take up to 14 days for neurotoxin to take full effect.

A follow-up visit at 2 weeks is suggested to assess results for subsequent treatments, particularly if you are a first-time client. If full correction is not achieved, you will need to purchase additional neurotoxin for injection.

Re-treatment is typically needed between 2-3 months.

Regular injections usually yield a longer lasting neurotoxin result.

If your upper lip was treated you will not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.

Although rare, infection in the injected area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Please contact us should you have any concerns.

If you have ANY questions or concerns, please call our office during business hours. If it is after hours or you are experiencing an extreme reaction, please seek medical attention immediately.

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### **Dermal Filler Aftercare**

Avoid applying pressure or touching the treated area for six 6 hours after the procedure. The area can then be gently washed with a cleanser and water.

Avoid vigorous scrubs, exfoliation, or facial treatment in the area of treatment for 72 hours.

Avoid Microdermabrasion or Vibradermabrasion for 72 hours after cosmetic dermal fillers.

Avoid prolonged exposure to direct sunlight or UV/tanning beds for 72 hours after the procedure.

Avoid manipulation of the area following the injection unless specifically instructed otherwise by your healthcare practitioner.

For pain/discomfort, use cool packs and over-the-counter analgesics (Acetaminophen, Tylenol).

Oral or topical Arnica, an herbal supplement, may help with reducing swelling caused by cosmetic treatments. DO NOT take Arnica if you have liver or kidney problems.

Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) may promote the risk of bruising and bleeding in the injection area.

If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed for the 24 hours after your treatment

If signs and symptoms of infection persist (warmth at the site of injection, discharge/pus, pain/discomfort) or if you develop a fever, please contact our office so our staff may assist you.

If you are experiencing any signs or symptoms of a vascular occlusion: severe and distinctive pain, acute onset of color changes such as blanching (white spots/blotches), dusky skin discoloration, slow capillary refill, please apply heat to the area, massage, and call our office immediately.

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### **Laser Hair Aftercare**

Do not expect your hair to "not grow back" after a single session. Laser hair removal is a process.

Subsequent treatment sessions should be 6 to 8 weeks if done on the face and 8 to 12 weeks if done on the body.

A cold compress can be used for the first 12 hours. Never place ice directly on your skin, always use a protective barrier, such as a face cloth, between the skin and the ice pack.

You may experience small red bumps around the hair follicle. This is normal and expected. Do not pick, rub or scratch these until they have cleared. Your skin overall may be sensitive for several days following your laser hair removal treatment.

If your skin scabs or crusts, or you experience a burn, do not pick, rub or scratch these areas. Doing so can result in infection, permanent pigment changes in your skin or even scarring. Please contact us immediately if you experience any burns.

Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment and for the course of your treatment. If you need to be out in the sun, wear an SPF 30 minimum. Sun exposure can cause blisters up to 72 hours post treatment.

Avoid swimming, hot tubs and saunas for several days following your treatment.

It can take several weeks for the hair in the treated area to "fall out" (push up and out of the follicle). This time frame is normal.

Avoid waxing, plucking and chemical remover, such as Nair, during your treatment series as there won't be a follicle to laser if these are used. Shaving is ok to do in 1-3 days after your treatment if there is no redness/blistering/crusting.

Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Please contact us should you have any concerns.

If you have ANY questions or concerns, please call our office during business hours. If it is after hours or you are experiencing an extreme reaction, please seek medical attention immediately.



### **Diamond Glow Aftercare**

Leave the serums that were infused during your treatment on your skin for the remainder of the day, if possible.

You may resume normal skin care regimen 2 days after treatment. If skin still feels irritated, test spot your skin care products first.

Discontinue actives/skin irritants (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) for 2 days following your treatment.

Avoid unprotected sun exposure and/or tanning beds for at least 2 days post treatment.

Use sunscreen SPF 30 or higher daily.

Make-up may be applied 24 hours post treatment.

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### **Tattoo Removal Aftercare**

Proper aftercare is necessary to prevent infection, skin texture changes and to also assure the best results.

Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment and for the course of your treatment. If you need to be out in the sun, wear an SPF 30 minimum. Sun exposure can cause blisters up to 72 hours post treatment.

You may apply cool compresses as necessary for 24 hours after the treatment to reduce discomfort and inflammation. You may take Tylenol, but avoid aspirin as it can increase the risk of bruising and/or bleeding

Many clients develop blisters, crusts, or scabs within 12-72 hours, which may last for 1-2 weeks or more. The treated areas may be pink or pale after the scab separates. Loss of skin pigment in the treated area is common and is usually temporary. Shaving should also be avoided in this area until it is completely healed. Healing is usually complete by 6-8 weeks.

Keep the treated area clean and dry while it is healing. Clean the area gently with soap and water and then gently pat the area dry. You may apply a thin coating of Aquaphor up to three times a day while the area is healing.

While showering, avoid high pressure water hitting the treated area. Baths, hot tubs, swimming pools or any form of soaking are not recommended until all blistering and scabbing are completely healed as they may increase the risk of infection.

Exercise is generally safe after treatment, considering the other aftercare instructions provided here.

If the area looks infected (honey colored crusting, oozing, or spreading of redness), if you experience an unusual discomfort or bleeding, if any other complications develop, or if you have any questions or concerns, please contact us immediately.

If you have ANY questions or concerns, please call our office during business hours. If it is after hours or you are experiencing an extreme reaction, please seek medical attention immediately.



### **Benign Pigmented Lesions Aftercare**

Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment and for the course of your treatment. If you need to be out in the sun, wear an SPF 30 minimum. Sun exposure can cause blisters up to 72 hours post treatment.

Bruising, redness and swelling may occur and resolve with time.

Avoid heat - hot tubs, saunas, etc. for 1-2 days.

Avoid skin irritants (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) a few days post-treatment. Test spot your skin care products first.

Treated pigment will turn darker (brown to black) within 24-48 hours.

Treated pigment will likely crust and then slough off over several days or weeks (approximately 1 week for the face, approximately 2-3 weeks for the body). Don't pick or scratch at the treated area(s).

Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)

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### **Laser Leg Vein Treatment Aftercare**

Resume normal activity, vigorous activity is discouraged for 72 hours.

Walking is encouraged, as this increases the blood flow. Please walk for 20 minutes a day for the next 5 days.

Ice or cool gel packs may be soothing immediately following treatment.

Avoid exercise that can cause vasodilation for 1 week.

Avoid hot baths/hot tub for 1 week.

Caution when shaving your legs not to disrupt any healing.

If an area of the leg was treated, compression of the legs will accelerate healing, reduce swelling, and lessen discomfort.

Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment and for the course of your treatment. If you need to be out in the sun, wear an SPF 30 minimum. Sun exposure can cause blisters up to 72 hours post treatment.

Complications, which may occur and what to do:

Blistering at the treatment sites, which can become open areas. These usually resolve in time. Use antibiotic ointment to these areas twice a day. This can be purchased over the counter at your drug store. Please call our office if blistering occurs.

Hyperpigmentation and Hypopigmentation, a darkening or lightening of the skin, can occur. This should gradually fade over a period of 12 to 18 months.

Tenderness and bruising may occur. These will eventually disappear. These symptoms can usually be relieved with elevation of the legs.

If you have ANY questions or concerns, please call our office during business hours. If it is after hours or you are experiencing an extreme reaction, please seek medical attention immediately.

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### **Laser Genesis Aftercare**

Immediately after treatment, there should be redness and minor swelling of the treatment areas, which may last up to 2 hours or longer. The redness may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.

A topical soothing skin care product such as Aloe Vera, may be applied after your treatment. Ice or cool gel packs may be soothing immediately following treatment.

Make-up/cosmetic products may be used immediately after the treatment, as long as the skin is not irritated. If skin still feels irritated, test spot your skin care products first.

Your skin will be sensitive for the first week or so after treatment, so do not use products that are actives/will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain alpha or beta hydroxy acids, or retinoids (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.)

Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment and for the course of your treatment. If you need to be out in the sun, wear an SPF 30 minimum. Sun exposure can cause blisters up to 72 hours post treatment.

Wear a daily sunblock (SPF 30+) at all times throughout the course of treatment.

Avoid picking or scratching of the treated skin.

There are no restrictions on bathing except treat the skin gently, as if you had a sunburn, for the first 24 hours after treatment.

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### **TruSculpting Aftercare**

Tenderness, redness, and swelling may occur. This resolves within 24 hours.

Bruising, firmness, tingling, stinging, cramping, aching, itching or skin sensitivity may occur and should resolve on its own.

If the submental or submandibular area was treated, you may have a sensation of fullness in the back of the throat.

Notify the spa if any of the following occurs:

Blisters or crusting that appears on the treated area.

Tenderness, redness, or swelling that persists longer than 24 hours.

Nodules or lumps that develop in the treated area.

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### **Microneedling Aftercare**

The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen procedure. Dryness and flaking will most likely occur after 48-72 hours.

Always wash your hands thoroughly before touching your face: there are micro-pathways opened into the dermis and hands will introduce bacteria.

Your physician will advise you to keep your skin clean of cosmetics or sunscreen for the remainder of your day post-procedure.

Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin.

Avoid use of any topical products not provided by your skincare professional for specific use with this procedure. This includes but is not limited to cosmetics, cleansers, sunscreens, moisturizers, etc. for 24 hours. If skin still feels irritated, test spot your skin care products first.

Wait 2 days before applying actives/skin irritants (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.). Test spot your skin care products first.

Use only the Skinfuse topical product as needed to help soothe skin.

Strictly avoid sun exposure as you will not be wearing sunscreen. You may return to sunscreen use the day following the procedure. Continue to minimize sun exposure for one week following the procedure.

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### **Potenza Aftercare**

Do not scrub or exfoliate the skin.

Wash the area with warm water and a mild cleanser.

You may have a grid-like pattern with dry/mild crusting and itching.

Do not apply liquid makeup for 24 hours; mineral makeup is acceptable after the erythema (redness) resolves.

Avoid use of any topical products not provided by your skincare professional for specific use with this procedure. This includes but is not limited to cosmetics, cleansers, sunscreens, moisturizers, etc. for 24 hours. If skin still feels irritated, test spot your skin care products first.

If erythema (redness) after treatment persists, use an ice pack (or frozen peas) at home, but always use a protective barrier, such as a face cloth, between the skin and the ice pack.

Always wash your hands thoroughly before touching your face: there are micro-pathways opened into the dermis and hands will introduce bacteria.

If skin feels tight or dry, apply moisturizing cream frequently.

If you currently have skin breakouts, you may find that the condition may temporarily worsen due to inflammation or edema.

Do not pick at treated tissue: doing so may result in hyper- or hypopigmentation.

Avoid ultraviolet rays and apply sunblock 30 SPF UV A/B daily.

Avoid alcohol consumption if possible.

For 24 hours, refrain from high intensity aerobic exercise or activities that increase the body temperature like saunas, hot tubs, steam showers or exercise (i.e. jogging, weight training, kickboxing, etc.).

Call your practitioner if any problems develop: concerns regarding rash, itching, erythema, etc., for more than 24 hours.

If you have ANY questions or concerns, please call our office during business hours. If it is after hours or you are experiencing an extreme reaction, please seek medical attention immediately.