

## Prior to All Procedures Listed Below:

1. Avoid tanning for 2 weeks before treatment
2. If you have a history of cold sores/herpes, antivirals may be started prior to treatment.

### **WE WILL NOT TREAT AN AREA WITH AN ACTIVE FEVER BLISTER!**

1. Must be off Accutane 6 months prior to treatment.
2. Avoid retin-a, glycolics and any skin irritants 3 days prior to treatment.

## Post-Treatment Instructions

**With ANY treatment, DO NOT APPLY ICE DIRECTLY TO THE TREATMENT SITE! IF A BLISTER FORMS WITH ANY TREATMENT, APPLY POLYSPORIN and NOTIFY US IMMEDIATELY!**

### MORPHEUS8

- Small red bumps can form under the skin after treatment. This can occur and will resolve within a few days.
- Some may notice "track marks" on the skin after the treatment. In most cases, this will resolve within a few days but may take weeks.

### HAIR REMOVAL

- Appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth, but the treated hairs being expelled from the skin. Do not pluck, wax, or use electrolysis between treatments. You may shave or trim the area, but do not pull the hair out.
- You may experience perifollicular edema, which feels/looks like razor burn. This is normal.
- If a burn or blister develops, begin applying polysporin to the area and notify us immediately.
- Wear an SPF 20 or higher on the treatment area if exposed to direct sunlight.

### SR/IPL for Brown and Red Spots

- You may feel and look sunburned. Use cool compresses as needed. For pain, you may take ibuprofen or acetaminophen as directed from the manufacturer.
- The area may initially look raised and/or darker with a reddened perimeter.
- The "spots" will gradually turn darker over the next 24-48 hours. (Possibly dark brown/black.)
- The "spots" may progress to scabs/crusting and will start flaking off in 7-14 days. Do not pick, scratch or remove scabs. Apply a moisturizer as needed and wear sunscreen daily.

### YAG/Vascular Lesion Treatment/Facial Veins

- The vessels may undergo immediate graying or blanching, or they may exhibit a darker, purple or red coloring. The vessels may fully or partially fade over the next few weeks. Do not pick, scratch or remove any scabs that could form. This should resolve in 3 to 10 days. Apply polysporin to these areas. Welting is normal. Do not cause increased circulation to the treated area for 3-5 days. (i.e. massage, hot baths, steam, sauna, exercise) Wearing compression hose may be beneficial. Post treatment activities affect your treatment outcome.
- Over time, the vessels will fade. Do not expect complete resolution of all of the veins.
- Repeat treatments need to be performed every 6 weeks. Remember at least 4-6 treatments are needed. Apply a moisturizer as needed and wear sunscreen daily.

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## PIXEL

### Day of Treatment

Treatment area will sting and look sun burned after treatment. You may also experience swelling. This is normal- in order to reduce the swelling, use cool compresses. Sleep elevated the first evening to reduce swelling. For pain, you may take ibuprofen or acetaminophen as directed from the manufacturer.

- In order to get the “sting” out, mix 1 Tbsp of distilled white vinegar with 2 cups of cold water. Lightly pat the treated area with the mixture, it will burn, but it will eventually get the “sting” out. You may also soak a wash cloth in the solution, then apply the wash cloth to the treated area. Keep the mixture in the refrigerator to keep it cold. Use this mixture to clean the treated area with for the first 1- 2 days. Your normal soap or cleanser may irritate the treated area more during this time.
- Apply a thin coat of Vaseline or Aquaphor moisturizer as needed daily for the first few days.

### Day 2

For cleansing purposes, use the vinegar/water mix; you probably will not feel like using a soap/cleanser until the 3rd or 4th day.

Red areas will begin to look bronzed/brown you could still also have some red areas. You may have swelling around the eyes...this is normal, use your cool compresses.

If skin feels irritated or itches, continue to use Vaseline or Aquaphor only as needed throughout the day. A thin layer of olive oil is also an option.

### Day 3 and Thereafter

The skin will start to flake and peel in some areas. Apply a moisturizer as needed. Itching is a sign of dryness, so apply a moisturizer if you itch. If you have a tendency for acne breakouts and feel that the Aquaphor/Vaseline is too greasy, you may use another PLAIN moisturizer. The skin will feel rough to touch like sandpaper. This is normal.

**REMEMBER...APPLY A MOISTURIZER DURING THE HEALING PROCESS and DO NOT PICK!**

***If you have any questions or concerns, please contact our office.***

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