

MOXI Laser POST-Care Instructions

To ensure optimal results and support your healing process, please follow these post-care instructions carefully:

AVOID:

- DO NOT pick or try to scrub treated skin. Allow skin to slough off naturally for best results.
- **AVOID direct sun exposure** (apply sunscreen daily and do not tan at all – including self-tanner) for at least **4 weeks (4-6 weeks for body treatments)** after treatment. Please plan scheduled events/vacations accordingly.
- Use mineral-brand sun block **daily**.
- For at least 24-hours, I should **AVOID excessive heat or friction** to the treated area (strenuous exercise, saunas, etc.)
- **NO** retinols, acids, or scrubs for at least **10 days** post-treatment, unless otherwise discussed.
- Avoid scratching and itching, as scarring and pigmentation complications can occur.
- **TIPS:**
- Use soft cloth and soft towels to avoid any scrubbing
- Make-up can be worn 24 hours after your treatment
- Wear a wide-brimmed hat or protective clothing for 1 month after treatment
- Avoid strenuous exercise and sweating for at least 24 hours, use gentle patting to wipe sweat off of treated skin
- **Contact the office immediately if I experience any uncommon side effects following the treatment. Call your provider with any questions at 504-267-4549.**

WHAT TO EXPECT:

WARMTH:

WHAT TO EXPECT: The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.

WHAT TO DO: Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin

REDNESS:

WHAT TO EXPECT: Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.

WHAT TO DO: Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin

MENDs:

WHAT TO EXPECT: MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin

WHAT TO DO: MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. **Do not pick at your skin.**

POSSIBLE SWELLING:

WHAT TO EXPECT: Swelling can occur and is typically expected immediately after treatment.

WHAT TO DO: Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in more upright position the first 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days