

ResurFX Pre + Post Treatment Instructions:

PRE-APPOINTMENT INSTRUCTIONS:

- **DO NOT** wear any makeup to your appointment or be prepared to remove it. Thoroughly washing and drying the skin to remove any makeup, lotion, or sunscreen is **REQUIRED**.
- **Avoid** direct sun exposure or self-tanners to the treated area for approximately 2 weeks prior to the treatment. Use a broad spectrum SPF 30+ if the treatment area is exposed to the sun.
- **Discontinue** the use of Retinoid medication (Retinol, Tretinoin, Retin-A, Atralin, Adapalene, Differin, Tazarotene, Tazorac, etc) and OTC anti-aging products containing Retinol, Retinaldehyde, or Vitamin A **for 1 week prior to treatment**.
- **Discontinue** the use of Hydroquinone products 2-3 days prior to treatment.
- **Discontinue** the use of topical exfoliating agents (Glycolic Acids, AHA's or BHA's) for 2-3 days prior to treatment.
- If possible **avoid** Ibuprofen and non-steroidal anti-inflammatories (NSAIDs) for 3 days prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to treatment.
- Notify your provider immediately if you develop a cold sore, acne, or open lesions in the area you are expecting to treat or if you experience any type of illness prior to treatment.
- Notify your provider of any changes to your health history, medications, or if you are pregnant or trying to become pregnant since your last appointment.

- Notify your provider if you have used Accutane in the past. Use within a 6 month period prior may be a contraindication.
- Longevity of wrinkle relaxers and dermal fillers done any time within 6 months prior to your facial treatment may be affected. Wrinkle relaxers and/or fillers within 2 weeks prior to your treatment is not recommended.

POST-APPOINTMENT INSTRUCTIONS:

- Avoid heat and keep the skin cool during the first day of treatment. Application of cool gel packs and appropriate topical creams (if directed) immediately following treatment can help alleviate post treatment itchiness and tingling that may occur.
 1. As healing occurs, avoid injury, heat, and sun exposure for at least two weeks.
 2. Use a covered or wrapped icepack in only 10-15 minutes intervals.
 3. Edema (swelling), and sometimes blanching (white appearance), is expected immediately post treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some clients.
 4. Sleeping with your head slightly elevated will help reduce the likelihood of puffiness.
- Use a broad spectrum SPF 30+ containing UVA/UVB protection with sun blockers such as zinc oxide or titanium dioxide on treated area daily if exposed to the sun.
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment (as directed by practitioner).
- Those prone to acne outbreaks should avoid heavy makeup or moisturizers for 24 hours post treatment. Plan on using mineral makeup.

- Following a more aggressive treatment, it may be helpful to use some topical moisturizer (if directed) on the skin during the healing process to help minimize trans-epidermal water loss to reduce dryness or crusting.
- To help remove debris and bronzing of skin that can appear 1 to 4 days post treatment, soak treated areas for 5-15 minutes with wet wash cloth, and then gently remove debris. Do not pick at or scrub the treated areas as this can result in scarring.
- It is suggested that Retinoid medications (Retinol, Tretinoin, Retin-A, Atralin, Adapalene, Differin, Tazarotene, Tazorac, etc) and OTC anti-aging products containing Retinol, Retinaldehyde, or Vitamin A be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of Retinoids during the treatment course may result in undesirable side effects and prolonged healing.

POSSIBLE POST TREATMENT SIDE EFFECTS:

- A low risk of prolonged itching, redness, and blistering.
- A risk of hyperpigmentation (dark pigment), hypopigmentation (light pigment), burns, bruising, or blistering may occur, some of which may result in scarring.
- Transient erythema (redness) or edema (swelling) immediately after treatment.
- Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This is a desirable clinical end-point and will naturally exfoliate off over the next 14 days.
- Risk of infection following treatment, potentially resulting in side effects mentioned above.

- Acne breakouts. (Avoid heavy make-ups and using recommended products will reduce this risk).
- Post-Inflammatory hyperpigmentation (PIH).