



# PRE AND POST TREATMENT INSTRUCTIONS

## BBL / MOXI / CO2 / VIVACE

### PRE-TREATMENT

- ❖ When booking your treatment, please keep in mind the possibility of redness, darkening of spots, swelling, flaking, and peeling after the treatment. These normal side effects usually take 3-7 days to resolve for the face and 2-3 weeks for neck, chest, and body.
- ❖ Avoid direct sun and all forms of tanning on the treatment area(s) (including self-tanner or spray tans) for 2 weeks before treatment.
- ❖ Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- ❖ If your face will be treated and you have a history of facial cold sores, please notify us in advance so we may provide you with a prescription for antiviral medication to start before your treatment. The treatment cannot be performed on your face if you have an active cold sore.
- ❖ Best results are achieved when the skin is well hydrated and protected from the sun prior to treatment. It is strongly recommended that the following skin care products are used daily for 2 weeks prior to treatment to prep the skin.
  - Alastin Regenerating Skin Nectar
  - Alastin Silk Shield All Mineral SPF 30
- ❖ If you are prone to (PIH) Post-Inflammatory Hyperpigmentation (darkening of skin due to heat or inflammation), the following skin care products should be used for 14 days prior to treatment or as directed by your provider.
  - iS Clinical Skin Brightening Complex
  - Alastin Silk Shield All Mineral SPF 30
- ❖ It is important that you are in good health at the time of your treatment to ensure you have a healthy healing response for a safe and optimal outcome.
- ❖ At the time of treatment, it is important that the skin is not swollen, irritated, peeling, or bruised. Similarly, it is important to allow the skin to heal completely before getting another treatment, which for most patients is 2-4 weeks for the face and can be up to 6 weeks for body areas. Please consult with your provider before getting another treatment to the same treatment area after BBL/MOXI/CO2/VIVACE.
- ❖ Some visible results will begin to appear immediately after treatment, and it can take 3-6 months for complete results. A minimum of 3 treatments is typically needed to achieve optimal results with additional treatments needed to maintain results over time. Your provider will recommend a treatment and maintenance plan that is best for your individual needs.

### TREATMENT DAY

- ❖ Please come to your appointment with clean skin. All makeup, including eye makeup, as well as all creams and lotions must be removed from the skin before treatment.
- ❖ Plan to keep your skin cool and out of the sun immediately after treatment. If face, neck, or chest are being treated, please bring a wide-brimmed hat to your appointment to wear home.

## POST-TREATMENT

- ❖ If antiviral medication was prescribed, please make sure to continue use after treatment as directed.
- ❖ Over-the-counter anti-Inflammatories (i.e. Advil), anti-histamines (i.e. Benadryl), and pain relievers (i.e. Tylenol) may be used post-treatment per package instructions as needed for swelling, itching, and discomfort. Ice may also be used, as long as it is clean (i.e. wrapped in clean towel or gauze). Please contact our office if you have swelling, itching, or discomfort that are not sufficiently alleviated with these solutions.
- ❖ CO2 PATIENTS ONLY. The use of a dilute vinegar solution on the skin may help to soothe the skin and keep it clean after treatment. At the discretion of your provider, you may be provided with a spray bottle of vinegar solution to take home after treatment. Use the solution morning and night for the first 3 days. To use, first wash the skin twice to remove all product residue, then spray a light, even coat of vinegar solution on the treated skin. Allow the skin to air dry, then apply a second coat of vinegar solution. Allow to air dry again and apply a third coat. Once the third coat has air dried, you may apply topical skin care products as indicated below.
- ❖ The products listed below should be used for the first 3 days after your treatment and/or until the skin begins to feel like sandpaper. A “sandpapery” texture is a normal side effect after CO2 and MOXI treatments and may not occur at all after BBL or Vivace treatments. When applying the skin care products below morning and night, it is best to first double cleanse (wash the skin two times) to make sure all residual product is removed before re-applying new product. This allows for optimal healing of the skin.
  - Alastin Ultra Calm Cleansing Cream
  - Alastin Regenerative Skin Nectar
  - Alastin Soothe and Protect Recovery Balm (amenity jar provided for CO2 patients only)
- ❖ Beginning on day 4, or as soon as the skin begins to feel like sandpaper (CO2/MOXI), begin use of the products below, which are included in your post-care kit. Please consult with your provider before using any other skin care products not listed below.
  - Alastin Regenerative Skin Nectar
  - Alastin Ultra Calm Cleansing Cream
  - Alastin Ultra-Light Moisturizer with TriHex Technology
  - Alastin Silk Shield All Mineral SPF 30
- ❖ Avoid using exfoliants, retinols and alpha/beta hydroxy acids for 2 weeks after the treatment. Do not use any mechanical cleaning devices (i.e. Clarisonic), facial scrubs or washcloths on the treated area - only wash the area with your hands – for 2 weeks. Listen to your skin as you re-introduce skin care products and devices. If you experience sensitivity, burning, or discomfort when applying products, discontinue use and give your skin more time to heal.
- ❖ Avoid direct sun exposure and wear a large-brimmed hat when going outside for the first 3 days after treatment. Do not use sunblock during this time as sunblock can be occlusive and slow the healing process. Starting day 4, or as soon as the skin feels “sandpapery” (CO2/MOXI), begin using daily sunblock, continue to wear a hat and avoid prolonged, direct sun exposure on the treated area.
- ❖ Keep the skin cool as much as possible immediately following your treatment until any swelling has resolved. Avoid sweaty exercise and exposing the treated skin to hot water, steam, pools, the ocean, hot tubs or saunas for 1 week post treatment.
- ❖ Do not apply makeup to the treated area and keep it as clean as possible until all swelling, peeling, or flaking have resolved – 1-2 days for BBL/VIVACE, 3-4 days for CO2/MOXI (until skin feels “sandpapery”).
- ❖ Some peeling and flaking after these treatments is normal. Allow the skin to flake off naturally and do not rub, pick, or peel the skin off as it heals. This may result in scarring and infection.
- ❖ Please schedule your follow-up appointment 90 days after your final treatment to have post treatment photos taken and assess results and determine whether additional treatments are needed.

If you have any questions or concerns, please do not hesitate to contact our office at **727.518.7100**

Updated 12/2023