



# PrudentMD Aesthetics

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## Post procedure skin care

### Post-procedure:

- Stay cool! Heating internally can cause hyper-pigmentation
- Do not put the treated area directly into a hot shower spray
- Do not use hot tubs, steam rooms or sauna
- Do not go swimming
- Do not participate in activities that would cause excessive perspiration
- Do not use loofahs or other means of mechanical exfoliation
- Do not direct a hair dryer onto the treated area
- Do not apply ice or ice water to treated area.
- Preferably do not wash your face after the procedure same day. You may wash it the next day.
- Use post-procedure kit as directed for 3-5 days post procedure. Use moisturizer with SPF 30 thereafter on daily basis.
- Please call physician at 732-404-0044 for any post-procedure concern.

### General guidelines:

- Pregnant, breast-feeding females, someone with neurologic disease should not get the procedure done.
- Allergic reaction can rarely occur just like any other product.
- After receiving professional treatment, you should not necessarily expect to 'peel'. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- It is recommended that makeup not be applied on the day of the treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 30 min after the treatment if desired.
- To minimize side effects and to maximize the results, use the post-procedure solution for 3-5 days or until flaking resolves.
- If the skin feels tight, apply ReBalance for normal to oily skin types or Silkcoat Balm for dry skin types to moisturize as needed. For maximum hydration, you can apply Hydrating serum under ReBalance or Silkcoat Balm.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or alpha hydroxyl acid products not be applied to the skin seven days post procedure as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A, Differin, Renova, Tazorac, Avage, EpiDuo or Ziana five days post procedure. Consult your physician before temporarily discontinuing use of any prescription medicines.
- Avoid direct sun exposure and excessive heat.
- Do not pick or pull on the loose or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing and/or depilatories for approximately five days post procedure.
- Do not have another treatment until your clinician advises you to do so.