

## POST TREATMENT CARE FOR NOVATHREAD PDO

Congratulations! You just experienced a Nova Threads treatment. Here are your post-treatment instructions and what to expect:

### RESULTS:

- Effects should be noticeable immediately after treatment. However, maximum effect will occur in 4-6 weeks.
- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical Arnica cream to areas that are discolored.
- Asymmetry and irregularity of the tissues is common and will resolve on its own in about 2 weeks.
- Pain at the insertion points is normal and may last several days to 2 weeks after treatment. Any pain beyond 2 weeks should be addressed by provider.

### AVOID:

- Excessive animation of the face for 2 weeks.
- Massage and manipulation of facial tissues for two 2 weeks.
- Aesthetic treatments including RF, IPL, laser and micro-needling for 2 weeks.
- Avoid strenuous exercise for 72 hours.

### WHEN TO CALL:

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.
- If you have ANY questions regarding your treatment.

\*\*\*To increase the rate of healing time, and decrease swelling and bruising, your provider may encourage you to take oral histamines (Zyrtec, Benadryl) and histamine blockers (Zantac, Prilosec, Tagamet).

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Patient Name

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Patient Signature

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Provider Name

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Provider Signature

DATE: \_\_\_\_\_



REJUVENATION  
SKIN WELLNESS AND AESTHETICS

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## PRE/POST MORPHEUS TREATMENT INSTRUCTIONS

### ONE WEEK PRIOR TO TREATMENT

- Stop taking NSAID medicines such as Aspirin, Ibuprofen, and Naproxen since they interfere with normal blood clotting
- Check medication labels for the active ingredient
- You may take Acetaminophen (Tylenol) as needed for pain not to exceed 3000 mg a day

### THREE DAYS PRIOR TO TREATMENT

- Discontinue Retinol (Vitamin A) - Treatments such as microdermabrasion and laser
- No prolonged sun exposure, to the area being treated- A treatment will not be administered on sunburned skin

### DAY OF TREATMENT

- Shower as usual- Do not apply any lotion, powder, oils or other products to treatment areas
- If face/neck being treated
- Cleanse your face/neck and do not apply makeup
- If you have long hair bring a hair band to pull it back

### WHAT CAN BE EXPECTED

- Immediately after your treatment, you will look and feel like you have a moderate sunburn
- Skin may feel warm and tighter than usual
- Skin may crust and peel for 3-7 days after treatment
- Redness and swelling may last for 3-4 days

### AFTER TREATMENT

- **CLEAN** – Use a gentle cleanser as provided by the office with lukewarm water to cleanse the face and gently pat dry the treated skin until it heals. Always make sure that your hands are clean when touching the treated area.
- **HYDRATE** – Use the hydrating cream on the treatment area until skin heals.
- **MAKEUP** – Can be applied 2 days after the treatment. Clean makeup brushes prior to using.
- **PROTECT** – At 24 hours after the procedure, you should apply a broad spectrum UVA/UVB sunscreen with a SPF30, AT ALL TIMES when you will be outside. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate).
- Reapply often - In addition to reducing your future risk of skin cancer, sunscreens also reduce wrinkles and slow the aging process.
- Please use the gentle cleanser, brightalive, hydrating creme that is provided for 3 days, then resume normal skin care regimen. Start Retinols 5-7 days after procedure.
- You will likely experience redness for 1-3 days, however, for more aggressive treatments this may last longer
- Skin may crust and peel for 3-7 days depending on the treatment

INSTRUCTIONS CONTINUED ON BACK



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## INTENSE PULSED LIGHT (IPL) OR PHOTOFACIAL

### PRE-TREATMENT

- Do NOT tan or use self-tanner for at least 3-4 weeks prior to your treatment.
- STOP retinoids such as Tretinoin, Renova, Differin, Tazorac, glycolic acids or other exfoliants one week prior to treatment.
- DO shave ALL hair present in the area to be treated. Men should shave the beard area twice in succession to ensure a close shave if this is the area we are treating.
- DO let our team know if you have a history of cold sores, as you may need to pre-treat with an oral anti-viral medication three days before your scheduled visit.
- Do NOT have treatment if you have used accutane (isotretinoin) within the last 6 months.
- On the day of treatment, please arrive with clean skin without make up, moisturizers or sun block.

### POST-TREATMENT

- Some patients have a mild sunburn sensation that typically resolves in a few hours. Skin redness, mild swelling or less commonly, bruising, can occur and will resolve.
- DO use cold compresses to reduce swelling or discomfort if needed.
- Your practitioner may provide you with a cortisone cream to decrease inflammation: use as directed.
- DO be gentle with your skin in the following days.
- It is CRUCIAL to avoid sun exposure and self-tanner between treatments. Use a broad spectrum every 2 hours if outside. Wear a hat if possible.
- Dark spots and patches will usually darken initially after treatment. Crusting of the skin can form.
- Please allow these areas to naturally flake off (do NOT pick). This may take 5-10 days.
- Moisturizers and make up may be used immediately if the skin is not broken.
- Do NOT use Tretinoin, Retin-A, Renova, Differin, Tazorac, glycolic acids or other exfoliants for one week.
- Do NOT have chemical peels, facials, or microdermabrasion for 2-3 weeks.

### FOLLOW-UP TREATMENT

- Follow up treatments should be scheduled about every 4-6 weeks
- Consistent treatments will produce the best results. For pigmentation, 1-2 treatments may be all that is necessary initially but maintenance treatments are usually needed. For diffuse redness (rosacea), it may take 3-5 treatments for optimal results.



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## LASER HAIR REMOVAL • PRE/POST INSTRUCTIONS

### **BEFORE YOUR LASER HAIR REMOVAL PROCEDURE**

- Please shave the entire area you desire treated within 24-48 hours of your planned treatment
- Use a broad spectrum SPF 30 (or greater) daily on treatment areas exposed to the sun and limit sun exposure. Avoid natural tanning for at least 4 weeks prior
- Avoid exfoliating agents like Retin-A, AHA/BHA, and acne medication on the treatment area 1 week prior to each treatment
- **DO NOT** wax, tweeze or have electrolysis for at least 4 weeks
- Please let us know if you're on antibiotics before treatment

### **AFTER YOUR LASER HAIR REMOVAL PROCEDURE**

Immediately after your treatment, there likely will be some slight redness, swelling around the hair follicles and mild discomfort similar to a sunburn. You may use aloe gel or cool packs may be applied. You may also notice during and immediately after your session the smell of burned hairs. This is normal and will subside with cleansing. Do not rub, or pick the treated area. Do not use any loofahs or abrasive scrubs for at least 3 days or until any redness and sensitivity subsides. Avoid strenuous sports activities or hot water/ saunas/ Jacuzzi for up to 24 hours after treatment to minimize irritation and prolonged redness. If a crusting or blistering develops apply Vaseline or ointment twice daily, to keep the area moist until healed and contact our office if the area shows signs of worsening condition. Continue to use broad-spectrum SPF 30, or higher, for the duration of your treatments.

### **SCHEDULING YOUR NEXT TREATMENT**

After your treatment, the hair may appear to grow for up to the next few weeks. This is simply the treated hair being shed from the follicle, and is not new growth. Once the hair has fully shed, you may be hair-free for a few days, up to a few weeks leading up to your next treatment. Shaving is recommended between sessions and is recommended the day prior to your next appointment to minimize discomfort. Your session typically is scheduled in 5 weeks for facial areas, 6 to 8 weeks for other areas of the body. Adhering to this schedule is important to ensure success of the treatments. Electrolysis, waxing, threading, tweezing or sugaring is to be avoided between sessions. Shaving or trimming of hair may be resumed normally during the treatment.

## PRE AND POST CARE INSTRUCTIONS FOR SCULPTRA

### **Pre Care Instructions**

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising
- Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment
- Do not use the above stated if you are pregnant or breastfeeding or are allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the treatment

### **Day of Treatment**

- You may use topical anesthetic medication in office before your scheduled appointment (please arrive 30 minutes prior to procedure)
- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following injection
- Redness and swelling are normal. Some bruising may also be visible

### **Post Care Instructions**

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment
- After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks
- You may continue your topical products as mentioned above 1 week after injection