



DUO DELUXE/RADIANT TRIO PRE&POST CARE INSTRUCTIONS

Compliance with the recommended pre/post care instructions and follow-up visits are crucial for the success of your treatment and to prevent unwanted side effects or complications. It is your responsibility to inform your provider of any changes in medical history, medication, and most recent sun exposure or tanning before each treatment is performed.

Recommended pre and post skin care

Plated Intense is recommended to start using 2 weeks before your treatment

- Use 2 weeks before treatment to reduce inflammation, inhibit melanocyte activity to mitigate post inflammatory hyperpigmentation, and boost collagen and elastin production.
- Calms post procedure skin and helps reduce recovery time
- Maximizes procedure results
- Continue to use throughout the treatment series for optimal results
- Helps preserve your procedure results

Revive's Pigment Inhibitor (8% hydroquinone, 0.025% tretinoin, 4% kojic acid) is recommended for some patients to reduce the risk of hyperpigmentation

- Apply a pea-sized amount to skin in the evening for 2 weeks prior (or as directed by your provider) to your treatment and throughout the treatment series.
- Please be aware the use of hydroquinone can cause skin irritation in some people. If you experience any irritation or other adverse reactions, discontinue use and consult with your provider for alternative products.
- Stop using hydroquinone 3-5 days prior to your treatment. You may resume use of hydroquinone 7 days after treatment.

Physical sunscreen at least SPF 30

- Zinc Oxide and/or Titanium Dioxide-based sunscreen should be used daily and reapplied approximately every 2 hours as needed to protect the skin from sun exposure.

Pre-treatment

- Please come to your appointments WITHOUT any makeup or lotions on the skin. DO NOT wear makeup on the day of treatment.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHA, BHA, retinoids) 3-7 days prior to treatment
- Avoid unprotected sun exposure, tanning, or self-tanning for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing Zinc Oxide and/or Titanium Dioxide for proper sun protection
- Avoid taking any blood thinning agents for 3-7 days prior to treatment unless prescribed by your physician.
- Avoid anti-inflammatory drugs (NSAIDs) for at least 3 days prior. These medications may interfere with the natural inflammatory process critical to the outcome of your treatment.
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 4 weeks before and after treatment.



- If you are prone to cold sores, it is recommended to take an anti-viral medication for 5 days, beginning one day before treatment.
- If you are prone to acne breakouts you may be prescribed an antibiotic medication to take for 7 days, beginning one day before treatment.
- Stay hydrated by drinking 8* glasses of water daily to improve results and healing time.
- Avoid alcohol for 3 days before and after treatment

Post-treatment

- Patients may experience a burning sensation for 1-2 hours immediately after treatment.
- MENDs (microscopic epidermal necrotic debris) may appear beginning 1-3 days after treatment. Tiny dark spots with a rough sandpaper texture may be noticed. This is normal and part of the healing process. This micro-crusting will separate naturally in approximately 5-7 days. DO NOT pick at any crusting.
- Immediately after treatment. You may experience erythema (Redness) for 1- 3 days. For some patients, this may last longer.
- Mild to moderate swelling is common after treatment and may last up to one week.
- Leave topical exosomes on for 24 hours, then begin washing the skin with Gentle Face Wash. Follow with the application of **Plated Intense** and/or Alastin Skin Nectar twice a day for 1-2 weeks during the healing process.
- You may apply a gentle, fragrant free moisturizer 24 hours after treatment. Apply as needed to help avoid dry, itchy skin.
- Avoid drying or irritating facial products, including retinol and acids (Salicylic, glycolic, etc) for one week after the procedure. Do not rub or irritate the area.
- Bruises occur in some people and last one to two weeks and are a normal reaction to the treatment.
- Only take Tylenol for pain relief after your procedure. Other pain relievers such as aspirin or NSAIDs (i.e Advil, Motrin, ibuprofen, naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take daily aspirin, NSAIDs, or other blood thinners.
- DO NOT wear makeup for at least 48 hours after treatment.
- Avoid all strenuous activity for a minimum of 48 hours as sweating increases infection risk
- You may take an antihistamine such as Benadryl/ Zyrtec/ Claritin to reduce swelling or if you experience itching (Histamine reaction.)
- Avoid unprotected sun exposure for four weeks after treatment
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Begin the use of SPF use starting 24 to 48 hours after your treatment.
- You may resume your regular skin care regimen after the skin has healed and no crusting remains.
- Resume hydroquinone after the skin has healed, usually seven days after treatment. Stop use at least 3-5 days before the next treatment.
- If you have any questions or experience fever, chills, Discharge, are extreme discomfort, please contact the treatment provider.

What to expect and what you should do:

Feeling of warmth



What to expect	You may feel warmth to the treatment area(s), like a sunburn, for 1-2 hours after treatment. A slightly warm feeling can last 12-24 hrs. after treatment.
What to do	Cold compresses or mineral water sprays may provide comfort during this time. Avoid heat and sun exposure.

Redness (erythema) and swelling

What to expect	Redness after treatment is normal and expected. This can last for up to 7 days after treatment. Swelling is common and can be mild to moderate. Swelling usually occurs within 24-48 hrs after treatment and can last 2-7 days.
What to do	Keep skin cool and hydrated with a gentle moisturizer. Avoid any heat and sun exposure during the healing process. An antihistamine (Zyrtec/Claritin) can be used to alleviate some swelling. Sleeping with a slightly elevated head also helps.

MENDs (microscopic epidermal necrotic debris) (with laser resurfacing only)

What to expect	MENDs may appear day 1-3 after treatment as tiny dark spots that are rough in texture and can last up to 7 days. This is a normal and expected part of the healing process, as the treated tissue is worked out to allow new skin to regenerate.
What to do	Your skin may feel dry, described as a “sandpaper” feeling. It is important to keep the skin well hydrated and use only gentle cleansers and moisturizers. This will naturally flake and peel off on its own. DO NOT pick at or exfoliate the skin during this process.

***Please note the extreme importance of strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**