



Post Operative Care UltraClear Treatments

3DMIRACL™/ SUPERFICIAL TREATMENTS

DAY OF: Immediately post treatment – erythema and a sunburn like feeling is common. This can last up to 24 hours post treatment. To reduce the discomfort and remove the heat, saline soaks are recommended. ***Saline Soaks:** Soak gauze in saline or sterile water and apply to the area that was treated. Keep the gauze on skin for 5-10 minutes which will allow the skin to cool down. Apply Healing Cream after cool soaks on day of treatment.

First Day Post-Treatment, Day 1: first time in the shower let tepid water flow over the face and use a gentle cleanser like CeraVe or Cetaphil but **do not rub** the treated area. Alexis M.D. Healing Cream is recommended for use twice a day after cleansing the face for heat, tightness, itching and redness and swelling, followed by **laser balm when the skin feels “tight”**. Remove previous application of lotion with cool moist cloth prior to re-applying moisturizer. Repeat as often as needed for comfort. Patients should sleep in a modified upright position along with a clean, but “old” pillowcase and linens as products may stain linens. Sleep in a modified upright position for comfort and decreased swelling consecutive nights as needed.

When the skin feels tight or itchy, White Vinegar soaks or sprays can be used for discomfort and itching. **Mix 1 tsp of white distilled vinegar in 16 oz. of bottled water.** Remove laser balm prior to vinegar soaks with a cool moist cloth. After vinegar spritz or soak, reapply healing cream and laser balm. Repeat as needed.

Day 2-7 Post-Treatment: Begin cleaning the treated areas with a gentle facial cleanser using nothing more abrasive than the fingertips. Do not scrub treated areas. Continue to apply Healing Cream, laser balm and, of course, an SPF if outside, as instructed by your treatment provider. Elta MD with only zinc and titanium is recommended. Alexis M.D. products are recommended for continued skin improvement and prevention of damage after treatments.

POST-CARE FOR ULTRACLEAR™/ADVANCED TREATMENTS

DAY OF: When using exosomes do nothing to the skin for 24 hours. Immediately post treatment – erythema and a sunburn like feeling is common. This can last up to two days post treatment. To reduce the discomfort and remove the heat, cool compresses may be used (blue hands), 20 minutes on and 20 minutes off. ***Saline Soaks:** Soak gauze in saline or sterile water and apply to the area that was treated. Keep the gauze on skin which will allow the tissue to cool down for 5-10 minutes. Apply Vaniply ointment to the treated area for a protective barrier and optimal healing. NO sunscreen on day 1.

Day 1 Post-Treatment: 24 hours after exosomes applied you may shower and allow the lukewarm water to run over your face, and use a gentle cleanser, CeraVe or Cetaphil. After drying the treated area gently apply Alexis M.D. Healing cream. When the skin starts to feel tight, start applying laser balm over the Healing Cream. You may incorporate vinegar* soaks or spritz 3-5 times per day to decrease burning and

itching. You will continue this routine for 3-5 days post treatment. *Vinegar Soaks: 1 tsp of white distilled vinegar in 16 oz. bottled water. On day 5 or once the tissue is re-epithelized continue to use Healing Cream and Elta MD zinc and titanium sunblock. When the face is treated, sleep in a modified upright position along with an “old” clean pillow case and linens for as long as swelling persists. When treating the neck, lying flatter is more comfortable.

NO alcohol, spicy or hot foods until day 5

NO exercise, defer activity until redness or swelling subside on at least day 5

NO sun or any environmental exposures like wind, extreme cold, ocean water. NO product use other than those recommended by or given to you by your provider. NO cosmetics unless you have a “new” brush and products. Previously used cosmetics may harbor bacteria that can cause infection, otherwise you may apply cosmetics on day 2-3 if comfortable.

NO ice, (especially frozen peas or vegetables packets) directly on the skin, especially if you are still numb from pre-treatment topical analgesic mixture (if applicable) immediately post-treatment. There is no way to assure what you procured from the grocery store freezer is “clean”. NO ice/ice baths for 72 hours, cold water is fine. Ice before 72 hours can increase edema. This includes “small” ice packs, skin should be cooled evenly with a full mask or a moist cooled “hand towel” covering the full treatment area. Small ice packs in isolated areas may promote uneven healing and leave hot spots.

RECOMMENDED DO NOT'S For 1-2 Days: NO cleansers or products with acids, PEG's, high alcohol content, botanicals, or a multiple ingredient menu. The more ingredients on the label the harder it will be to extrapolate what caused a reaction post treatment. NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

For 3-5 Days: NO RX or acid-based products until your practitioner has cleared you to use them. This could be anywhere from day 5 to 14 depending on the depth and degree of your treatment. NO picking, rubbing, scrubbing, or exfoliating while skin is sloughing. NO RX medications (like retinols) or adjunct laser treatments until you are cleared by your treating provider. This could be up to 10-12 weeks. NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

Day 2-7 Post-Treatment: Begin cleaning the treated areas with a gentle facial cleanser, CeraVe or Cetaphil, using nothing more abrasive than the fingertips. Do not scrub treated areas. Continue to apply Healing Cream, laser balm or zinc oxide ointment, and SPF, if outdoors. We recommend Elta MD zinc and titanium sunblock. Vinegar soaks or spritz can be used for persistent discomfort and itching. Mix 1 tsp of white distilled vinegar in a 16 oz. bottled water. Remove products prior to vinegar soaks with cool moist cloth, post soak, reapply Healing Cream and laser balm. Repeat as needed. If you are going to be outside and exposed to the sun wear a hat and your daily SPF for full protection.