

MOXI® Laser Pre & Post Care

Pre-Treatment Care

To ensure safe treatment and optimal results:

- Avoid sun exposure, tanning beds, and self-tanners for 1–2 weeks prior
- Apply broad-spectrum SPF 30+ daily
- Discontinue retinol, tretinoin, glycolic acid, salicylic acid, and exfoliating products for 5 days prior
- Avoid waxing, chemical peels, or aggressive treatments in the area for 5–7 days prior
- Notify our office if you have:
 - An active cold sore (HSV)
 - Skin irritation, infection, or open lesions
 - Recent antibiotic use or medication changes
- Arrive with clean skin (no makeup, lotion, or SPF)
- Preparing your skin with medical-grade skincare is recommended for best results

Post-Treatment Care

MOXI is a gentle fractional laser designed for preventative and corrective skin maintenance with minimal downtime.

What to Expect

- Immediately after treatment (first 24 hours):
 - Redness, warmth, and a sunburn-like sensation
- Days 1–3:
 - Mild redness and possible swelling
 - Skin may feel tight or dry
- Days 2–5:
 - Development of MENDS (tiny rough “sandpaper-like” texture)
- Days 3–7:
 - MENDS will darken slightly and flake off naturally, revealing brighter, smoother skin

| Do not pick, scrub, or exfoliate

Swelling & Comfort Management

- Mild swelling may occur and typically resolves within a few days

- Consider:
 - Cool compresses
 - Antihistamines (Zyrtec or Claritin)
 - Sleeping with your head elevated

Skincare & Healing

- Use a gentle cleanser and hydrating moisturizer
- Keep skin well hydrated
- Avoid:
 - Retinoids, Vitamin C, and exfoliating products for 5–7 days
 - Any harsh or active skincare until fully healed

Activity & Heat Restrictions

Avoid for 24–48 hours:

- Exercise or heavy sweating
- Hot showers directly on the face
- Saunas, steam rooms, and hot tubs

Sun Protection (CRITICAL)

- Avoid direct sun exposure during healing
- Apply SPF 30+ daily and reapply every 2 hours
- Wear hats and protective clothing

Makeup

- You may apply mineral makeup after 24 hours, if skin is not irritated

When to Contact RN Esthetics

Please notify us if you experience:

- Oozing, blistering, or crusting
- Severe or worsening swelling
- Increasing pain or discomfort
- Any unexpected or concerning reaction