



**BTL Exilis,
elos® IPL Skin Rejuvenation & Rosacea,
Sublative® RF & Affirm™ Laser**

Post Procedure Care & Precautions

Post Care for All Procedures

- **Avoid intentional skin tanning, tanning products or excessive sun exposure.**
- **Protect the treated area with daily use of SPF 30+ sunscreen.** Also use a hat or other protective clothing to help prevent hyper-pigmentation of the skin. Protect the treated area from sunlight during the entire course of treatments and for at least one month after.
- **For elos, Sublative and Affirm treatments:** Wash the area gently using a gentle cleanser. Avoid the use of washcloths or the **Clarisonic** Brush. Avoid the use of harsh, stringent, and/or abrasive products in the treated area until the skin is healed. **Avoid the use of products that contain these ingredients:** Glycolic, Salicylic, Alpha or Beta Hydroxy, Retin-A (including Gloss), Benzoyl Peroxide. Also avoid scrubs, clay masks and the Clarisonic Brush for **10-14 days**. Your **Harmony Skin & Wellness Clinic (HSWC)** Technician will recommend products to use post-treatment.
- **For elos, Sublative and Affirm treatments:** Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage. Do not swim, use hot tubs, saunas, or steam rooms while redness is present or for at least **48 hours**.
- Avoid tweezing, waxing, or bleaching during the course of the treatment. Continue to use all prescribed medications as directed by **HSWC** Physician.
- Tylenol (acetaminophen) may be used post-treatment if discomfort is experienced.
- If you experience a cold sore outbreak please call your provider.
- If you are experience any signs of infection including: continued redness, swelling, heat, red streaks, any draining or oozing, elevated temperature greater than 100.5 degrees, please notify **Harmony Skin & Wellness Center at (970) 282-8266**.
- Wait 4 weeks post procedure or until the treatment area is healed before scheduling any other skin care procedures; please check with your provider.
- Microdermabrasion or HydraFacial MD treatments are recommended to exfoliate dead skin cells. These treatments enhance the efficacy of laser treatments and allow for better penetration of products. Each procedure is **offered at a discount** during the course of your laser treatment(s). Please check with your provider on which treatment is appropriate and when to schedule your appointment.
- Please call or schedule an appointment with the treating provider if you have post-procedure complications, concerns or questions. (Over)

Post Care for Exilis

After your procedure, it is recommended that you use the **DermEssence Gloss Cream** for the face and **DermEssence Nexage** for the jowl and neck area. These products will enhance and extend the results of you **Exilis** treatment.

- In the evening after cleansing and drying the skin, apply a pea-size amount of the **Gloss Cream** to the face and then a pea-size amount of the **Nexage** to the jowl and neck area. **DO NOT APPLY MOISTURIZER or any other products** afterwards as they will minimize the effects of the products.

- Makeup may be applied immediately post treatment.
- The removal of the self-adhesive grounding pad used in the **Exilis** treatment(s) exfoliates the skin. **You must avoid direct sun or tanning bed exposure to the site for 1 week and use a quality sunscreen SPF 30+ thereafter** to protect the skin from sun damage.

Post Care for elos® IPL Skin Rejuvenation (SRA/SRA Plus)

After your procedure, it is recommended that you use the **Avene SOS Post-Procedure Recovery Kit** (used for non-ablative procedures). The product kit is sufficient for 3 treatments and is **discounted 15%**.

- **Do not pick or scratch** the treated skin. If a superficial crust or “coffee ground” scabbing occurs, do not shave or pick the areas. The “coffee ground” scabbing will slough off by itself.
- Although rare, a small blister may develop in the treated area(s). Apply an antibiotic cream (**Bacitracin**) 3 to 4 times daily to keep the area moist until it is resolved.
- Makeup may be used immediately after the procedure unless there is a blister or significant redness.
- If your skin is hot to the touch or there is mild swelling immediately after your treatment, apply an ice pack or cold compress at 10 minute intervals. It is normal for the treated area to feel like a sunburn for a few hours.
- On the evening of your treatment, saturate the Facial Compress with **Thermal Spring Water** and place over the treatment area for 15 minutes. Mist the compress as needed to keep it moist. This will help reduce heat and redness.
- Apply the **Thermal Spring Water** and the **Cicalfate Restorative Skin Cream** for the first three days and nights, this will aid the healing process.
- Use a gentle, non-active moisturizer and the **Mineral Ultra-Light Hydrating Sunscreen SPF 50+** each day. Your technician will assist you with recommendations.
- Due to the physics of the laser treatment, your skin may feel dry. Apply your moisturizer twice a day or more frequently if needed.

Post Care for Affirm Multiplex Fractional Non-Ablative Laser

After your procedure, it is recommended that you use the **Avene SOS Post-Procedure Recovery Kit** (used for non-ablative procedures). The product kit is sufficient for 3 treatments and is **discounted 15%**.

- If your skin is hot to the touch or there is mild swelling immediately after your treatment, apply an ice pack or cold compress at 10 minute intervals. It is normal for the treated area to feel like a sunburn for a few hours and to retain redness for up to 48 hours. The eye area may be swollen for a few days.
- Although rare, a small blister or cluster of blisters may develop in the treated area(s). Apply an antibiotic cream (**Bacitracin**) 3 to 4 times daily to keep the area moist until it is resolved.
- On the evening of your treatment, saturate the Facial Compress with **Thermal Spring Water** and place over the treatment area for 15 minutes. Mist the compress as needed to keep it moist. This will help reduce heat and redness. Afterwards, apply the **Thermal Spring Water** and the **Cicalfate Restorative Skin Cream**
- Apply the **Thermal Spring Water** and the **Cicalfate Restorative Skin Cream** for the first three days and nights, this will aid the healing process.
- Use a gentle, non-active moisturizer and the **Mineral Ultra-Light Hydrating Sunscreen SPF 50±** each day. Your technician will assist you with recommendations.
- Due to the physics of the laser treatment, your skin may feel dry. Apply your moisturizer twice a day or more frequently if needed. (Over)

Post Care for Sublative Fractional Radio Frequency

After your procedure, it is recommended that you use the **Avene SOS Complete Skin Care Kit** (for ablative procedures). This kit will be discounted **15%**.

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside usually within 72 hours. You may experience dry, peeling or flaking skin for one week or more.
- **Wait at least 12 hours** post treatment to cleanse the treated area. After 12 hours, cleanse the skin with **Tolerance Extreme Cleanser**. Afterwards, saturate the Facial Compress with **Thermal Spring Water** and place over the treatment area for 15 minutes. Mist the compress as needed to keep it moist. This will help reduce heat and redness.
- After cleansing (for the first three days), apply a layer of the **Cicalfate Restorative Skin Cream** to the treated area. The **Cicalfate** may be thinned down by mixing it with the **Thermal Spring Water**. Apply additional layers as needed for excessive dryness or itching. Liberally mist the treated area with **Thermal Spring Water** whenever needed to help reduce dryness during these three days.
- Beginning on day four post-procedure, apply the **Thermal Spring Water** and then a layer of the **Tolerance Extreme Cream after cleansing the area**. These products will restore moisture to the skin from this point on.
- Sun protection must be applied daily. Apply the **Mineral Ultra-Light Hydrating Sunscreen SPF 50+** to protect your skin.
- **Wait 24 hours post procedure** to apply makeup