

[the med spa]

Venus Viva Skin Resurfacing

Pre & Post Care

Pre Care

- Wear sunscreen with an SPF of at least 30 and avoid excessive sun exposure.
- Discontinue the use of Accutane for 6 months prior to the procedure.
- Discontinue the use of products such as Retin A, Hydroquinone, higher strength glycolic acids, and any acne products such as those containing Salicylic Acid or Benzyl Peroxide, for 3 days prior to the procedure.
- If you have a tendency to develop cold sores, report this to us so that we can treat you prophylactically to prevent an outbreak.
- A topical numbing cream will be applied and left on the skin for 30 minutes prior to treatment.
- Be sure to have any of your questions answered regarding post treatment expectations and skin care before you leave. Check your supply of post treatment skincare products to be sure you have enough to get you through the recovery phase.
- Photos will be taken before your first session to document the condition of your skin and pigment prior to treatment. They may be repeated in between treatments and at the end of treatment and are available for you to review with your aesthetician at any time. Although the photos are required, they will not be used in a way which would reveal your identity without your expressed consent.

Post Care

- Wear sunscreen with an SPF of at least 30 and avoid excessive sun exposure.
- Do not resume the use of products such as Retin A, Hydroquinone, higher strength glycolic acids, and any acne products such as those containing Salicylic Acid or Benzyl Peroxide until advised to do so. Most clients will resume their prior skincare regimen sometime during the second week post procedure.
- Only mineral makeup should be used days 3 to 7 post procedure. Not all mineral makeups are created equal. Some contain talc or other impurities which could cause a skin reaction, yet market themselves as mineral makeup. Discuss your usual makeup with your Aesthetician for further guidance. Be sure to have any of your questions answered regarding post treatment expectations and skin care before you leave.
- The duration of swelling and redness will vary according to individual variations but also according to the settings used. On average swelling lasts 1 to 2 days and redness may persist for another 5 days. However, most clients having the procedure performed on a Friday afternoon feel quite comfortable returning to work on the following Monday morning.
- Although the skin appears to be intact, microscopically there are tiny 'holes' present which increase the risk of infection. Wash your hands frequently and/or use alcohol based hand gels. Avoid touching your face as much as possible. Anything which touches the skin, particularly in the first 3 to 5 days post-procedure, must be clean. This is why we recommend only the use of mineral makeup powder (which does not support the growth of bacteria that can contaminate makeup) during this time. Use disposable makeup sponges for application, or be sure to thoroughly wash your makeup brushes with brush cleaner prior to using them in your recovery phase.

- Redness or swelling that gets progressively worse is not expected. If this occurs you must notify us immediately or, if need be, go to an emergency room. Although rare, this does remain a theoretical concern and potential treatment complication.
- Although improvement can be seen even after 1 treatment, expect multiple treatments will be needed for maximum results Collagen building will continue to occur even in the 3 months after your final treatment.

Approved Post Care Products:

Aftercare & Redness:

IS Clinical SHEALD Recovery Balm

Cleansers:

IS Clinical Cream Cleanser

Cetaphil Gentle Skin Cleanser,

Anti-Itch:

Oral Benadryl (**NEVER USE TOPICAL BENADRYL CREAM OR GEL**)

Calamine Lotion (**NOT CALADRYL**)

Moisturizers:

Cetaphil Moisturizing Cream, Fragrance Free