



Post Treatment Instructions – Pixel Skin Resurfacing

Meticulous wound care is crucial after skin resurfacing; below are our recommendations for after treatment care. It is important to keep skin moist and discontinue use of all products containing alcohol or active ingredients.

DAYS 1 – 2 (COLD WASH CLOTHES, ICE WATER, SIT IN FRONT OF THE A/C VENT... SOOTHE YOURSELF)

You will be experiencing redness similar to a severe sunburn or windburn. Your skin will sting. Your color may appear blotchy as areas where severely damaged skin will appear much more red and could even be puffy or swollen.

--Immediately after treatment, apply wound-healing product such as Javani collagen or the Avene product line and continue use for 2 days after treatment.

--During Days 1 - 2, cleanse with only cool tap water and pat dry. Do not use cleaner of any type.

--Keep skin moist with a combination of the wound-healing product and cool water. Water may be gently sprayed on the area or applied with a damp cool compress. Only use suggested products during these 2 days.

--Discontinue use of any "active ingredient" products during the course of your treatments. These include Retin A or retinol products, Obagi, anti-aging creams, exfoliants, etc.

--Avoid being around harsh chemicals that may cause stinging (peroxide/hair color, alcohol, raw onions, raw hot peppers). If you come in contact with chemicals, wash hands, then rinse face with cool water for relief and re-apply wound healing product.

DAYS 3 – 6 (USE A MILD GENTLE CLEANSER SUCH AS CETAPHYL FROM WALGREENS)

The redness and blotchy appearance of the most severely damaged areas will start subsiding. Your skin may appear more taut and darker than usually. Although your skin may look fine, it is important to remember that you still have open wounds and must follow the treatment regime. Your skin will feel "crusty" and dry as the healing progresses. You will begin to peel between day 3 and 5.

--You may begin using a gentle cleanser in the morning and at night if you feel you need it. Do not rub skin, barely touch the skin and rinse thoroughly with cool or lukewarm water.

--**ONLY IF DIRECTED BY THE CLINICAL DIRECTOR** keep the skin moist with water and bland emollient ointments. Keeping the skin moist with ointments will make your skin stay crusty longer. You may also mix a couple of drops of pure Vitamin E oil (no alcohol) with the ointment prior to applying on skin but this can possibly make acne prone skin break out. This will add to the moisturizing effect. Popular ointments such as Aquaphor® Healing Ointment may be applied **IF NECESSARY**, you may also use pure Jojoba oil (no alcohol) instead of the ointment **ONLY IF NECESSARY**.

DAYS 7 -10

Your skin is now in the final stages of healing. Care must be taken to avoid damage to the new skin that is less than one week old.

--Continue using a gentle cleanser with a gentle technique.

--Replace the ointment if used on Days 3 - 6 with a gentle moisturizer / sunblock during the day. --Continue keeping the skin moist with water and moisturizer.

--You may use a light exfoliant to remove "crusty" skin for a smooth surface or schedule a manual microdermabrasion for professional results.

GENERAL INFORMATION

--Treatments are performed every 3 to 4 weeks to ensure proper healing between treatments. More conservative treatments can be performed on a weekly basis, whereas more aggressive treatments may require a 4-week interval.

--Avoid sun exposure before treatment and 3 months after treatments as you will be more prone to sunburn.

--If any product that you apply, or chemical that you come in contact with burns or stings, rinse off immediately with cool water. Discontinue use of the product.

--If you have any questions or adverse effect, call us immediately (214) 521-5277.