

MENDS/MICRO CRUSTS:

MENDs (microscopic epidermal necrotic debris) or Micro Crusts will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin. These Micro Crusts are part of the healing process where treated tissue is working its way out of your body as brand new fresh skin is regenerated. During this time, your skin will be very dry and may feel like sandpaper before flaking off. Keep your skin well moisturized with RE|PAIR Post-Treatment Skincare Serum to support the healing process. *Do not pick at your skin.*

TIPS	WHEN TO CALL THE OFFICE
<ul style="list-style-type: none"> • Cold compresses can be used to alleviate the feeling of warmth & swelling • Use clean pillowcase and clean towels • Use soft cloth and soft towels to avoid any scrubbing • Make-up can typically be worn once the peeling process is complete • Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation • When showering, avoid getting shampoo directly on the treated area • Avoid strenuous exercise and sweating until after skin has healed 	<p>There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately.</p> <p>Signs of infection include:</p> <ul style="list-style-type: none"> • Drainage – looks like pus • Increased warmth at or around the treated area • Fever • Extreme itching

CLEANSING:

Cleanse the skin twice a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use clean hands and gentle patting motions. DO NOT rub, scrub, or use an exfoliant or skin care sponge or brush such as a Clarisonic on the treated area.

MOISTURIZER:

After treatment, keep skin moisturized by using RE|PAIR Post-Treatment Skincare Serum 2 times daily, or as needed for 7 days. In addition, post-procedure healing cream/moisturizer may be recommended by your provider. After 7 days, you may continue recovery support by using the 30ml take-home D|TOX Daily Hydrating Serum for morning hydration and 30ml take-home RE|PAIR Daily Restoring Serum for daily recovery & restoration. DO NOT apply any other products that were not instructed by your provider - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post-procedure. Use a physical (mineral based) sunscreen with Broadband UVA and UVB protection and a SPF of 30 or higher. Ensure to reapply during sun exposure.

DISCOMFORT:

For general post-treatment discomfort, an over-the counter oral pain reliever, i.e. Extra Strength Tylenol might be prescribed by your doctor. If an anti-viral was prescribed, continue to take as directed. Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl but may cause drowsiness.

FEELING OF WARMTH:

The treated area may be extremely warm (like a sunburn) and red for 1-2 hours after the treatment. You may feel this sensation for up to 12-24 hours after the treatment. Applying cold compresses may provide comfort during this time. If this persists more than 24 hours, please call the office for further evaluation.

REDNESS (ERYTHEMA):

Redness is normal and expected. Redness generally persists for the first 24 hours and may last for up to 7 days depending on the intensity of the treatment. Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin to heal and limit further damage & stress on your skin.