

**Prior to treatment**

- Please discontinue use of Tretinoin, retinols, salicylic or glycolic acids 3-5 days prior treatment.
- To minimize bruising, you can start taking Silagen capsules the day of your procedure (available for purchase in the office) containing a proprietary blend of Arnica Montana and Bromelain.
- Please alert us if you have a history of Herpes Simplex 1/HSV 1/cold sores. We will prescribe Valacyclovir or Acyclovir antiviral medication prior to the procedure to prevent a flare or new outbreak. Please bring this to our attention when scheduling.
- Arrive to your appointment with clean skin (no lotion, no makeup, sunless tanning solutions, no perfume or oils present on the area(s) to be treated). We will cleanse your skin and remove any makeup in the event this was not possible.

**What to expect AFTER your treatment****24 hours post treatment:**

- Immediately after your treatment, you may experience redness, heat, sunburn sensation, swelling and occasional pinpoint bleeding.

**2-5 days post treatment:**

- Redness may increase over the next few days.
- You may also notice that your skin appears bronzed/little dark spots, suggested of a laser grid.
- Expect the treated area(s) to feel dry, flaky and may start to peel.
- You may notice sandpaper-like texture over the next few days. This signifies treated tissue shedding while fresh skin is regenerating. **DO NOT VIGOROUSLY SCRUB THIS OFF YOUR FACE!!**
- Patients who were treated with the 1550 nm wavelength can expect to be swollen.
- Patients who were treated with the 1927 nm wavelength can expect less swelling and more bronzing and redness.

**5-14 days post treatment:**

- Sloughing of the skin will slow down and new regenerated skin may appear pink. Your skin will return to normal over time.

**Post treatment instructions**

- Before leaving, SkinMedica TNS Advanced+ and sunscreen will be applied to the treated area(s).
- To minimize swelling, apply icepacks to the treated area for 10 minutes every hour for the next 24 hours and sleep with your head elevated for the first 24 hours to further help reduce swelling.
- Avoid applying anything extra topically, including makeup, for the first 24 hours after the procedure. Please use sunscreen. You can apply vitamin C and moisturizer. When there are not areas with broken skin, makeup can be applied.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing the treated area.
- Continue taking Silagen capsules if desired for bruising and swelling.
- Avoid sun exposure to reduce the chance of hyperpigmentation and use a daily physical sun block.
- Avoid any activities that will make your face red or sweat for 2-3 days as it may aggravate swelling, redness or bruising.
- You may resume Tretinoin, retinols, salicylic or glycolic acids 2 weeks post treatment.

**Next Steps**

- Multiple treatments (an average of 3 treatments (one every 4-6 weeks)), may be required to achieve the desired response. You will notice immediate improvements in your skin as well as long-term response over the next several months.
- Often times, these treatments are combined with color correcting lasers for unwanted reds and browns, such as Cutera Excel V+ or Fotofacial/IPL