

PROFOUND RF

PRE & POST-CARE INSTRUCTIONS

Before Treatment:

We recommend that you avoid taking blood thinners for 21 days, if medical conditions allow. Common blood thinners to avoid are: aspirin, ibuprofen (Motrin and Aleve), Celebrex. In addition, it is extremely beneficial to avoid alcohol 1 week prior to your treatment. Topical retinoid therapy should also be discontinued 3-4 days prior to treatment. Proper hydration is critical for optimal treatment results; we recommend, in the week leading up to treatment, that you consume at least 8 glasses of water per day and moisturize skin in the morning and evening. If you have a history of cold sores, it is imperative to let us know prior to treatment. We may provide an antiviral prophylaxis one day prior to treatment and to continue in the days following treatment.

After Treatment:

We recommend that the treatment area be iced for 45 minutes immediately following treatment, then 15 minutes every 2 hours for the remainder of the day. The expected downtime after Profound is 5-10 days. The expected healing sequence and expected side effects include redness, swelling, bruising, light discomfort, itching, possibly small bumps ("chicken skin"), and pinpoint bleeding. You will need to wash the treated area twice a day with a mild cleanser (Free and Clear Gentle Cleanser) and avoid washcloths/brushes or harsh exfoliants until the skin has healed. You will also need to apply a thin coat of Lasercyn spray, followed by healing moisturizer (clear jar : Cicalfate and Auriderm combo) 2-4 times a day until the skin has healed. We will also provide Arnica oral tablets to help with bruising to be taken as directed, starting one day prior to treatment. We suggest that you sleep with your head elevated for the first 48 hours after treatment in order to minimize swelling. We also recommend that you sleep on freshly cleaned pillowcases and avoid sleeping with pets in the days following treatment. To optimize results, use a broad spectrum, mineral-based sunblock of SPF 30+ (no sooner than two days following treatment) for at least one month after the procedure. In most cases you can begin using makeup 48 hours after your procedure. If you use retinol or tretinoin cream, etc., you will need to wait at least seven days after your treatment to resume your regular skincare regimen.