



SkinDC 1525 Wilson Blvd, Ste 100
Arlington, VA 22209
Tel: 703-966-7127

www.skindcderm.com

To Schedule: frontdesk@skindcderm.com

Treatment Questions: cosmetic@skindcderm.com

Treatment Information

Neuromodulator:

Botox/Xeomin/Jeuveau/Dysport

What: Limits muscle contraction.

Why: Help prevent new lines from forming.

Treatment Day: Multiple small injections.

Post Treatment: Injection sites will look like mosquito bites for about 10 minutes.

Results: Effects begin in 2 to 3 days, 1-2 weeks to take full effect. Effects last 3-4 months.

Considerations: Limit vigorous physical activity for 24 hours. Schedule a follow up for 2 weeks after treatment in case a touch up is needed.

Dermal Fillers

Do not have dental work scheduled 4 weeks before or 4 weeks after a filler treatment.

What: Hyaluronic acid gel injected beneath the skin.

Why: Used to replace volume and create youthful contours while maintaining your natural proportions.

Treatment Day: Topical numbing may be applied. Multiple injections in the treatment area.

Post Treatment: Areas will be swollen/tender to the touch for 2-3 days. Bruising is possible that can last 3-5 days. Ice packs will be available immediately after treatment to apply to the treatment areas.

Results: Effects are immediate. It will take 2-4 weeks to fully settle. Filler may feel bumpy under the skin. If you can see a bump 2 weeks

post-injection it can be dissolved. Results last 8-24 months depending on product and location.

Considerations: There is a risk of bruising. Avoid vigorous physical activity for 24 hours. Tell your provider if you have a history of cold sores and you will be prescribed medication. Tell your provider if you are taking blood thinners. *Tell your provider if you have had a recent illness.*

Radiesse/Sculptra

Do not have dental work scheduled two weeks before or 4 weeks after a Radiesse or Sculptra treatment.

What: Collagen induction fillers administered in 1-3 treatments spaced 1- 3 months apart.

Why: Stimulates collagen growth over time to replace volume. Radiesse also provides an immediate filling effect.

Treatment Day: Topical numbing may be applied. A series of injections will be administered in the treatment area.

Post Treatment (Sculptra): Your provider will perform a massage after the filler is placed. You will massage the areas as directed 3 minutes, 3 times a day, for 3 days. If you notice anything that feels like a little bump, you can press and massage it out. Ice packs will be available immediately after treatment to apply to the treatment area. Areas will be puffy/swollen/tender to the touch for 2-3 days.

Results (Sculptra): Effects will be noticeable immediately but you will notice a drop off in improvement over the next 2-3 days. It will take your body time to stimulate and build new collagen, up to 3 months, but you should start to see results at 4-6 weeks. After completing the series of 3 results can last up to 3-5 years.

Considerations: There is a risk of bruising. Tell your provider if you are taking blood thinners. *Tell your provider if you have had a recent illness.*

Vascular Laser

What: Laser treatment that targets hemoglobin, which is found within red blood cells. Typically a series of treatments spaced 4-8 weeks apart.

Why: Reduce redness. Common causes of redness are acne, acne scarring, rosacea, scars, angiomas, and telangiectasias (broken capillaries).

Treatment Day: Your eyes will be protected. This laser will feel like a rubber band snapping against the skin. A pulse of cooling mist will accompany each laser pulse to protect your skin.

Post Treatment: The skin will be redder than before treatment, splotchy, and a little swollen. Capillaries, angiomas and scars often look redder/bruised. Gentle skin care products should be used for about 5 days. Avoid retinols, active skincare products, and exfoliants. SPF should be worn on the treated areas.

Results: It will take 4-6 weeks to see the full lightening from a treatment. Chronic conditions will require maintenance after the completion of a series to maintain results.

Considerations: The area being treated cannot have received recent sun exposure or have had self tanner applied prior to treatment. There is a small risk of bruising.

BBL: Broad Band Light

What: Treatment to reduce background redness and brown spots.

Why: Improve skin tone and discoloration.

Treatment Day: Your eyes will be protected and a gel will be applied to the skin being treated. This treatment will feel like a rubber band snapping against the skin.

Post Treatment: Skin will be pink and splotchy for only the day of treatment. Brown spots will appear darker as if cinnamon has been sprinkled on them and will remain darker for 5-7 days then slough off. Gentle skin care products should be used for about 5 days or until dark

spots slough off. Avoid retinols, active skincare products, and exfoliants. SPF should be worn on the treated areas.

Results: It will take about 4 weeks to see the full lightening/result of each treatment. Treatment spacing varies from 4 to 8 weeks.

Considerations: The area being treated cannot have received sun exposure in the last month or have had self tanner recently applied. Avoid sun exposure for 1 month after treatment. *Tell your doctor if you have a history of Melasma.* No one who has taken the medication Accutane or its generic forms within the last year may have this procedure.

Picosecond Laser

What: Laser treatment that targets melanin, the brown pigment in our skin, and tattoos.

Why: Treat/lighten individual brown spots and remove tattoos.

Treatment Day: Topical numbing will be applied. Tattoos will often be numbed by injection. Your eyes will be protected. This laser will feel like a repeating rubber band snap.

Post Treatment: Treatment areas will likely have an 'ash white' response immediately following treatment then turn into rough, scabby spots for 7-10 days, perhaps longer on different parts of the body. Treated tattoos may be swollen and possibly form a blister. Do not pick or shave over a scab if it forms. Apply Aquaphor or Vaseline to scabbed rough areas until they heal.

Results: Brown spots will look worse before they look better and tattoos will lighten with each treatment. It will take a series of treatments to lighten most brown spots and tattoo packages are 6 treatments. You may need additional treatments (up to 10+ depending on location and color of the tattoo). SPF and skin care will help maintain improvement of brown spots.

Considerations: The area being treated cannot have received recent sun exposure or have had self tanner applied. If there is hair growth in the

area of a tattoo, shave it the day before or the morning of treatment. Tattoo treatments are spaced 1-2 months apart. Brown spots can be retreated at 4-6 weeks.

Microneedling (w/Platelet-Rich-Plasma or Hyaluronic Acid)

What: This treatment creates tiny dermal wounds to stimulate the healing process, jump-starting new collagen production. Typically a series with 4-6 weeks between treatments.

Why: Improve skin texture.

Treatment Day: Topical numbing will be applied to the treatment area. The device will glide across the surface of the skin creating tiny micro wounds. There will be pin-point bleeding which will stop before you leave the office. If you are having Microneedling with PRP, your blood will be drawn prior to treatment and centrifuged to separate out the PRP which will be microneedled as well as injected into your skin.

Post Treatment: The area will be pink for about 1-2 days. For 4-5 days the skin will feel rough. Avoid sun exposure and avoid using active products such as retinol, glycolic acid, exfoliating products, etc. Avoid spraying anything near the treated areas and avoid public gyms/yoga mats for 2-3 days.

Results: It will take about 4 weeks to see improvement from each treatment, but your skin is building new collagen for about 3 months after each treatment.

Considerations: If you are receiving treatment around your mouth or lips and *have a history of cold sores, tell your doctor.* Avoid sun exposure while you are pink.

PicoWay Resolve

What: Laser treatment to stimulate collagen growth and encourage cell turnover. A package of treatments spaced 4 weeks apart will give the best cosmetic outcome.

Why: Improve the appearance of acne scars, pore size and skin texture.

Treatment Day: Topical numbing will be applied to the treatment area. Your eyes will be protected. This laser treatment will feel like a repeating snap over the treatment area. The area will feel prickly/warm/hot like a sunburn for that day.

Post Treatment: The skin will be pink to red for 1-2 days and can feel rough like sandpaper for 2-3 days. Some patients will experience the appearance of small, temporary petechiae (tiny red, purple or brown spots). These will fade over 3-5 days. Gentle skin care products should be used for 1 week and sun exposure should be avoided. By day 2-3 regular makeup can be resumed.

Results: Four weeks after your final treatment will be the cumulative effect of a series. Improved skin texture can be maintained with quarterly treatments if desired.

Considerations: The area being treated cannot have received recent sun exposure or have had self tanner applied. Avoid sun exposure while skin is pink.

Profractional - Fractionated Ablative Laser Resurfacing

What: Partially ablative resurfacing treatment.

Why: Improves moderate-to-severe photoaging including severe wrinkles and traumatic, surgical and acne scars.

Treatment Day: You will have been given a packet with pre-op instructions. A topical numbing will be applied and medications may be administered. You may need a ride home. Your eyes will be protected. The treated area will be swollen, bright red and oozy with possible pinpoint bleeding after treatment.

Post Treatment: The area will be red and crusty/rough for 5-7 days. The roughness will slough off and the swelling will reduce over 7-10 days. You will have specific post care instructions to follow for this treatment.

Results: It will take 3-6 months to see the full results of this treatment.

Considerations: You will want to plan for 1-2 weeks of down time. No one who has taken the medication Accutane or its generic forms within the last year may have this procedure.

Halo - Hybrid Laser Resurfacing

What: Hybrid ablative and non-ablative resurfacing treatment.

Why: Improves textural issues such as fine lines and scars. This will also help improve brown discoloration especially when used in combination with BBL.

Treatment Day: Topical numbing will be applied to the treatment area. Your eyes will be protected. Skin will be bright pink to red, with moderate swelling and feel like you have a sunburn. Ice packs or cold compresses can be applied for comfort.

Post Treatment: Skin will be pink for 3-4 days and will also feel like sandpaper with the appearance of brown "coffee-ground" dots on the skin. Gentle skin products should be used for the next week and active products should be avoided (retinol, glycolic acid, exfoliants, Vitamin C). Sunscreen should be worn daily starting the following day and makeup can be applied 24 hours after treatment. Prolonged redness and recovery are possible and vary by patient.

Considerations: *If you have a history of cold sores, tell your provider before treatment.* The area being treated cannot have received recent sun exposure or have had self tanner applied. Can be repeated 4-6 weeks later if desired. No one who has taken the medication Accutane or its generic forms within the 6 months may have this procedure.

Morpheus8

What: Microneedling with Radio Frequency resurfacing treatment.

Why: Remodel collagen and coagulate adipose tissue (fat), improve the appearance of scarring, texture, fine lines, wrinkles and mild skin laxity.

Treatment Day: Topical numbing will be applied to the treatment area for up to one hour and other pain management options may be available. Treatment time will vary depending on the size of the area. After treatment the skin will be bright pink to red, with moderate swelling and feel like you have a sunburn. There may be pinpoint bleeding.

Post Treatment: A cold compress may be applied immediately post procedure and your provider may recommend Aquaphor or another healing ointment to be applied. Skin will be pink/swollen for 3-4 days and may have visible needle holes. As soon as the needle holes have healed over in 1-3 days, gentle skincare products may be used for the next 1-2 weeks (cleanser, moisturizer and mineral SPF). The skin will feel like sandpaper with the appearance of brown "coffee-ground" dots on the skin. Active products should be avoided (retinol, glycolic acid, exfoliants, Vitamin C, etc) for 1-2 weeks depending on healing progress. Prolonged redness and recovery are possible and vary by patient.

Results: A series of three treatments is typically recommended. Improvement can sometimes be noted within the first couple of weeks after treatment, but the collagen will be remodeling for months as the skin heals.

Considerations: This treatment can not be performed on individuals with an electronic implanted device. *If you have a history of cold sores, tell your provider before treatment.* Treatment can be repeated with as little as 4 weeks between sessions. No one who has taken the medication Accutane or its generic forms within the 6 months may have this procedure. Tell your provider if you have metal implants in the treatment area.

Laser-Assisted Hair Reduction

What: Laser treatment used to reduce unwanted hair growth.

Why: Reduce hair growth for a more desirable cosmetic appearance. In some instances, chronic ingrown hairs.

Treatment Day: *Shave the treatment area the day of or the day before.* Topical numbing may be applied to the treatment area. Your eyes will be protected. This laser will feel like a rubber band snapping on the skin. The areas treated will feel warm like a sunburn for up to a few hours.

Post Treatment: The skin will be pink to red for a day. Dark spots may be visible in the treatment area, this is normal. Do not pick or scrub, these are treated hairs and your body will expel them. Avoid sun exposure for about 7 days.

Results: A series of treatments will be needed for reduced hair growth. Reduction in the quantity and caliber of hair should be noted after each session. Most individuals need 6 or more treatments for the best outcome and they should be spaced 4 weeks apart. Maintenance (1-2 treatments a year) may be desired.

Considerations: Treatment areas cannot have received recent sun exposure and cannot have self tanner applied. Areas should be as pale as possible. Only dark hairs can be effectively treated, blonde/gray/white hairs will not respond. *Do not wax/pluck/thread/bleach treatment areas.* Shaving and trimming between treatments is okay. The treatment areas should be recently trimmed/shaved for treatment.

Kybella

What: Series of injections that helps eliminate fat cells.

Why: Reduce fullness and improve contours in specific areas.

Treatment Day: Topical numbing will be applied to the treatment area. A series of injections (3+)

will be administered and there will be a stinging/burning sensation. This will last for about 10 minutes and ice will be available for comfort.

Post Treatment: Once the stinging/burning subsides, the area will be tender/warm to the touch for a few days. The area will be swollen for 3-4 days. The submentum (double chin) will have the most significant and noticeable swelling. There is a risk of developing a bruise.

Results: Retreatment of the same area is repeated every 2 months. Full benefit of the treatment is appreciated 4-6 weeks after the last in a series (3+) of treatments.

Considerations: There is a risk of developing a bruise. Avoid things that will increase your bruising risk. Avoid vigorous physical activity for 24 hours after treatment. Plan for 3-4 days of swelling. *Tell your provider if you have had a recent illness.*

QWO

What: Series of injections that reduces the appearance of cellulite in the buttocks of adult women.

Why: Improve textural appearance of buttocks due to the presence of cellulite dimples.

Treatment Day: You will be asked to wear a disposable thong for photos and treatment. Your buttocks will be photographed from multiple angles standing up and the desired treatment areas marked out with a surgical pen while standing. You will lay face down for the injections. Each treatment site will be injected and you will remain laying down for 5 minutes once injections are complete.

Post Treatment: You may resume all normal activities. Bruising will develop over the next 24-72 hours and will be moderate to severe. Bruising will resolve over 2 weeks. The treatment sites will be tender, warm, swollen and may feel firm to the touch.

Results: QWO is administered in a series of three treatments, spaced 21 days apart. Results

are evaluated one month after the last treatment. Improvement in the appearance of cellulite is the realistic end point of treatment, not elimination of all textural irregularities.

Considerations: Bruising will occur with each treatment, but may be less significant with each treatment. Tell your provider if you are on blood thinners and/or have a bleeding problem. Tell your provider if you have a history of hypersensitivity to collagenase. You can not receive QWO if you are pregnant or nursing. Bruising should be kept out of direct sun exposure until fully resolved.

Avéli

What: A minimally invasive, FDA-cleared, one-time treatment for cellulite dimples on the buttocks and thighs of women.

Why: Improve textural appearance of buttocks due to the presence of cellulite dimples.

Treatment Day: Bring a compression garment (such as Spanx) to wear after treatment. Your provider will mark the dimples to be treated and the area(s) will be numbed by injection. Small incisions are made where the Avéli device is introduced beneath the skin to mechanically cut the septa, or connective-tissue bands, that are pulling down on the skin creating the dimple or depression.

Post Treatment: Bruising will develop over the next 24-72 hours and will be moderate to severe. Mild discomfort is normal during the first few days. The areas may feel warm/hot and may feel firm. Areas of numbness are possible and pressure/sitting may be uncomfortable for the first week. Clear or pink fluid may leak from the insertion points for the first 1-2 days. Wear a compression garment for the first two weeks. Normal activities may be resumed in 48 hours but strenuous exercise should be avoided for 14 days. Avoid NSAIDs (aspirin, Advil) for the first week after treatment. Tylenol and cold compress are recommended for discomfort. Showering is

permissible but avoid submerging the insertion points until fully healed.

Results: Avéli is a single treatment. Bruising typically resolves within a month and results are evaluated 30 days after treatment.

Considerations: Bruising will occur. Tell your provider if you are on blood thinners and/or have a bleeding problem. Bruising should be kept out of direct sun exposure until fully resolved. Avoiding NSAIDs for 2 weeks prior to treatment can help limit bruising.

Exilis/Exilis Ultra

What: Series of treatments that combines radio frequency and focused ultrasound for skin tightening.

Why: Improve *mild-moderate skin laxity* and improve definition by stimulating new collagen growth.

Treatment Day: There is a mild heating sensation that some may find slightly uncomfortable.

Post Treatment: Treated areas may be pink for the day of treatment and tender to the touch for 1-2 days. All normal activities may be resumed immediately after treatment.

Results: Some patients may experience an initial tightening right after treatment, but the full result of a treatment series will take 3-6 months.

Considerations: *Individuals with an electronic implanted device (pacemaker, insulin pump, etc) or a metal implant in the area being treated can not receive this treatment.*

Ultherapy

What: High intensity micro-focused ultrasound therapy for skin tightening.

Why: Improve *mild to moderate skin laxity* and improve definition by stimulating new collagen growth.

Treatment Day: Alprazolam (Xanax) and Pro-Nox (laughing gas) will be available to help

manage discomfort from this treatment. The area of treatment will be marked and you will experience multiple pulses in certain treatment zones. *You will need a ride home from your appointment. Come to your appointment well hydrated.*

Post Treatment: The area may be pink the day of treatment. It can be tender and numb for a few days up to a couple weeks after treatment. There is a risk of developing a bruise and rarely lines resembling welts can linger for 2-3 weeks after treatment. Normal activities may be resumed the following day.

Results: Some patients experience an initial tightening right after treatment, but the full result of the treatment will take 3-6 months. This treatment can be repeated, in the same area, in 6 months for additional tightening if desired.

Considerations: If you have had facial reconstructive/plastic surgery, please tell your provider. Treatment can not be administered over metallic implants. You must have a ride home from this procedure (friend, Uber, Metro) if you elect to take the Alprazolam (Xanax). Tell your provider about any dermal fillers you have had within the last year.

CoolSculpting

What: This treatment is a cooling technique used to selectively damage/destroy fat cells in targeted areas.

Why: Reduce the number of fat cells in targeted areas (bulges) for improved contour and definition. *It does not cause weight loss.*

Treatment Day: The areas being treated will be marked out by the technician. There is a timed pretreatment wipe and then a sticky gel pad will be applied. A contoured hand piece will then be applied to the area over the gel pad. It uses suction to 'attach' and there will be support wraps to help hold it in place. The application can be a bit uncomfortable, but the area will go numb in about 10 minutes. Treatment cycles range from 35 minutes to one hour. If you are

having your submentum treated (double chin) you will not be allowed to chew gum or talk on the phone. At the completion of a cycle the area will be massaged. This is uncomfortable as is the rewarming sensation of the area. Discomfort lasts 5-10 minutes.

Post Treatment: Treated areas will be pink and may develop a small bruise. Sensation in treated areas will be temporarily reduced and the area will feel achy. Normal activities can be resumed right after this treatment, though high impact exercise may be uncomfortable for a few days.

Results: Results can be visible as early as 30 days but full results are reached at 90 days. Areas can be retreated at 30 days. Fat cell reduction is permanent if body weight is maintained.

Considerations: If you have a history of abdominal hernia, this area can not be treated.

CoolTone

What: Series of treatments that administer electromagnetic pulses to contract and condition muscles in certain areas.

Why: Improve definition and contour giving a more toned appearance for abdominal muscles and buttocks.

Treatment Day: Electromagnetic pulses cause deep, rapid muscle contraction and will feel as though you are doing a series of strong exercises.

Post Treatment: Treatment areas will feel mildly sore/weak. You can resume normal activities right away.

Considerations: The initial series is 6 treatments within a 3 week period, then a single maintenance treatment once a month, if desired. There must be a minimum of one day in between treatments. *You cannot have this treatment if you are on your menstrual cycle and are getting your abdomen treated. You cannot be treated if you have an electronic implanted device, any metal implant in the area being treated or a copper IUD.*

Sclerotherapy

What: Series of injections in capillaries/spider veins in the legs.

Why: Improve the appearance of small capillaries and spider veins in the legs.

Treatment Day: Multiple injections will be administered along small caliber veins in the legs. There will be a minor pricking and stinging sensation. There will be some minor bleeding from the needle sticks.

Post Treatment: Treated areas will look worse before they lighten and there will be some bruising. Compression stockings need to be worn 24 hours a day for 7 days (remove to bathe) or 12 hours a day for 14 days. Walking is encouraged but avoid vigorous physical activity for 2 weeks.

Results: Treated veins will look worse before they begin to lighten. Additional treatments may be desired for additional lightening of veins. It will take 6-8 weeks to see the full benefit from a treatment and retreatment can be performed.

Considerations: Avoid sun exposure while legs are healing. Fall/winter is the best time for this treatment. Compression stockings will increase the efficacy of treatment. The recommended rating for compression stockings is 15-18 mmHg. Spider veins are a chronic issue and you will likely develop additional veins over time.

PRP (Platelet-Rich-Plasma) for Hair Loss

What: PRP stands for Platelet Rich Plasma. It is a solution of your concentrated platelets in a small amount of your plasma.

Why: Help stimulate thicker hair growth in thinning areas of the scalp.

Treatment Day: Please take the papaya supplement for one week prior to the procedure to boost platelet count. Come to your appointment well hydrated. The patient's blood is drawn in the office then processed to obtain

the PRP. The PRP is injected in a series of 20-30 injections in the scalp in the area of concern. Cold air is blown on the scalp for comfort. There may be minor bleeding.

Post Treatment: A slight pressure headache and scalp tightness may be experienced for 1-2 days. Normal activities can be resumed right away but avoid vigorous physical activity or heavy lifting the day of your treatment.

Considerations: The initial treatment protocol is a series of three treatments performed 1 per month. Maintenance treatments will be recommended every 3-6 months to help maintain hair regrowth. The quantity and frequency of maintenance treatments will vary depending on the extent of hair loss and response to initial treatment.

Following your 3rd PRP treatment, you will be scheduled for a 3 month follow up for photos, then a follow up 2 weeks after that to meet with your provider and discuss results and maintenance.

Vanquish

What: Non-invasive radio frequency treatment to damage/destroy fat cells. A series of 4 treatments spaced 7-10 days apart is recommended.

Why: Reduce the circumference of the abdomen, trunk, back, and/or thighs.

Treatment Day: *Arrive at your appointment well hydrated.* This treatment is performed with the patient lying down comfortably. There will be a warm sensation in the area during treatment.

Post Treatment: The warm sensation may last for a few hours after treatment. All normal activities may be resumed immediately following a treatment. Continue to remain hydrated.

Results: Reduction in the treated areas may be noticed as soon as 1 month after treatment but full results of the series will be at about 3 months. Fat cells do not regenerate. If you

maintain your current lifestyle you will maintain your results.

Considerations: *You can not be treated if you have an electronic implanted device, any metal implant in the area being treated or a copper IUD if you are having your abdomen treated.*

Cellutone

What: Non-invasive treatment for the appearance of cellulite. Typically done in conjunction with other body contouring treatments.

Why: Improve the appearance of cellulite, improving the texture of the skin.

Treatment Day: Arrive at your appointment well hydrated. It will be performed after the completion of a Vanquish or Coolsculpting session. Cellutone uses vibrations to help improve circulation and lymphatic drainage.

Post Treatment: Treated areas will be pink for up to a few hours after the procedure. Normal activities may be resumed immediately following treatment. Continue to remain hydrated.

TCA CROSS

What: Stands for TriChloroacetic Acid Chemical Reconstruction of Skin Scars. Treatment for ice-pick indented acne scars.

Why: Focal treatment to stimulate collagen growth at the base of acne scars and improve skin texture.

Treatment Day: Trichloroacetic Acid (TCA) will be applied to the base of the scars. They will be red and appear 'frosted' or white. There may be a stinging sensation that will subside within a few minutes.

Post Treatment: Scabs may form at the treatment sites. Do not pick or try to remove them. Gentle skin care should be used until the

scabs slough off, about 5-7 days. Treated scars will remain red for up to a month, this is normal. Avoid sun exposure while they are red or pink.

Results: Full results of one treatment will take 3 months. Reevaluation of treated scars will be 2-3 months later at which time another treatment could be administered if desired depending on the severity of the scars.

Considerations: This treatment will result in lingering red/pink where scars were treated. Sun avoidance is critical while you have lingering red/pink spots.

MicroLaser Peel

What: Resurfacing treatment that removes a thin layer of damaged skin.

Why: Improve skin texture and tone.

Treatment Day: A topical numbing gel may be applied. Your eyes will be protected. As the beam is passed over the skin, there will be a hot/stinging sensation as the thin layer of skin is treated.

Post Treatment: Immediately after treatment, the skin will have a 'frosted' appearance that will look like a grid of dots, feel like a sunburn and may have some mild swelling. You may be instructed to apply Aquaphor for the first 3 days, keeping the treatment area moist. Recovery will greatly depend on the depth of your treatment. The swelling and 'frosted' appearance will subside by the following day and the area will be pink/red for about 5-7 days, however prolonged redness is possible. Skin will be dry and dots will flake off over 3-4 days. Gentle skin care should be used until pink/red has faded to normal skin tone. Sun avoidance is critical for one month following treatment.

Results: New, refreshed looking skin will be noticeable in about 7 days. A series of

treatments, spaced at least 1 month apart, may be recommended based on treatment goals.

Considerations: Tell your provider if you have a history of cold sores and you will be prescribed medication. The treatment area cannot have received recent sun exposure, no tan, and sun avoidance and SPF is critical for 1 month after treatment. No one who has taken the medication Accutane or its generic forms within the last year may have this procedure.

Chemical Peels

What: Application of combined acids applied to the skin's surface.

Why: Encourage skin cell turnover to help brighten skin tone/improve pigment and improve acne.

Treatment Day: First the skin is prepped to remove any residual oils, makeup, and sunscreen. The peel solution will be applied to the skin in layers. There may be a stinging/burning sensation which will resolve within 10 minutes.

Post Treatment: Skin may be pink to red in areas and can appear 'frosted' as if it has a white film on it. Gentle skin care should be used for as long as the skin is flaking or dry, 1-5 days depending on the type of peel. Strict sun avoidance and SPF is essential while you are healing. Some peels have a specific topical regimen to be followed at home for the month following your treatment.

Results: Most peels will require a series of 3, spaced 4 weeks apart, to impart a noticeable change to the skin. Once a series is completed, quarterly maintenance is usually recommended to maintain your results.

Considerations: Plan on 4-5 days of dry skin. Avoid sun exposure while you are healing. You cannot have this treatment with an active cold sore.

Electrodesiccation and Extraction

What: Method of treating with heat (Electrodesiccation) or using a small amount of force to assist in removal (Extraction).

Why: Treat small skin growths, clogged pores, dilated oil glands and other skin imperfections.

Treatment Day: A topical numbing agent may be applied for comfort. Electrodesiccation will feel like a sting, similar to cooking grease splatter. Areas being treated will be lightly touched to treat their surface. Extractions will involve a small 'nick' in the top of the lesion followed by pressure with a specialized tool.

Post Treatment: Any spots treated will form into small scabs and they should be left alone. Treated areas will take 7-14 days to heal. Gentle skin care and sun avoidance are essential while healing. When scabs flake off, pale pink spots may remain for 2 weeks or more. Avoid sun exposure.

Results: Some lesions are going to require more than one treatment to achieve the best cosmetic outcome. Recurrence is also possible with certain types of lesions and maintenance treatments may be desired.

Considerations: *Please let the treating provider know if you have an electronic implanted device.* Treated areas will be scabs for 5-10 days and possibly longer on the body. Sun avoidance is critical while healing. Retreatment may be necessary for the best cosmetic outcome.

Treatment packages must be used within one year of purchase.

What can I do to help limit the risk of a bruise?

One week prior to a treatment with the risk of bruising and for about 3 days after treatment, try to avoid the following **unless medically necessary**.

| | |
|---|---------------|
| Omega-3 fatty acids | Fish oil |
| Vitamin E | Ginseng |
| Ginger | Ginkgo Biloba |
| Garlic | Green Tea |
| Alcohol | Salt |
| Aspirin, NSAIDs (ex. Advil, Ibuprofen, Motrin, Aleve) | |

Application of Alastin INhance Post-Injection Serum is recommended.