

## Post Care Reference Guide

### **POST-CARE FOR ULTRACLEAR® MODERATE to ADVANCED TREATMENTS**

*Immediately post treatment – redness, swelling, bleeding, and a sunburn like feeling are common.*

*The sunburn sensation can last up to a couple of hours post treatment. Bleeding will get worse over the first few hours before subsiding.*

#### **Treatment Day:**

- **Step 1-** With gloved hands, apply a Vinegar soak in the evening before bed.
  - Remove moisturizer/barrier ointment prior to vinegar soaks with cool moist cloth
  - Using a clean bowl and gloves, unfold gauze into bowl and pour enough vinegar soak to moisten the gauze
  - Apply gauze to treated area and let sit for up to 10 minutes
  - Using the gauze, gently blot areas with crusting/bleeding to remove debris.
  - DO NOT RUB, SCRATCH, OR PICK.
- **Step 2-** Spray with Hyacin Active
- **Step 3-** Apply Restorative HA to entire treatment area
- **Step 4-** Apply Aquaphor to coring areas.

\*Repeat steps as needed throughout the day/evening.

\*\*May apply Hydrogel on top of Hyacin and Restorative if feeling dry or tight.

\*\*\*Sleep in a modified upright position with a clean pillow case and linens

#### **Day 1 Post-Treatment:**

The day after treatment you will incorporate vinegar soaks 3-5 times per day as needed.

#### **Morning**

- **Step 1-** With clean hands, apply a Vinegar soak in the morning.
  - Remove moisturizer/barrier ointment prior to vinegar soaks with cool moist cloth
  - Using a clean bowl and gloves, unfold gauze into bowl and pour enough vinegar soak to moisten the gauze
  - Apply gauze to treated area and let sit for 10 minutes
  - Using the gauze, gently blot areas with crusting/bleeding to remove debris. DO NOT RUB, SCRATCH, OR PICK.
- **Step 2-** Apply Hydrinity Restorative HA Mask. Leave on for 10 minutes.
  - If the neck was treated, move the mask to your neck and leave on for 10 minutes

- Do NOT throw away foil pack. Proceed to step 3, then empty the serum from the mask foil pack into a clean hand and apply to the entire treatment area (after spraying with Hyacin).
- **Step 3-** Spray with Hyacin Active
- **Step 4-** Apply Restorative HA to entire treatment area
- **Step 5-** Apply Aquaphor to coring areas only

\*Repeat steps 3-4 as needed throughout the day

\*May apply Hydrogel on top of Hyacin and Restorative if feeling dry or tight.

### **Evening**

- **Step1-** With clean hands, apply a Vinegar soak in the evening before bed.
  - Remove moisturizer/barrier ointment prior to vinegar soaks with cool moist cloth
  - Using a clean bowl and gloves, unfold gauze into bowl and pour enough vinegar soak to moisten the gauze
  - Apply gauze to treated area and let sit for up to 10 minutes
  - Using the gauze, gently blot areas with crusting/bleeding to remove debris. DO NOT RUB, SCRATCH, OR PICK.
- **Step 2-** Spray with Hyacin Active
- **Step 3-** Apply Restorative HA to entire treatment area
- **Step 4-** Apply Aquaphor to coring areas.
  - \*\*Sleep in a modified upright position

### **Day 2-7 Post-Treatment:**

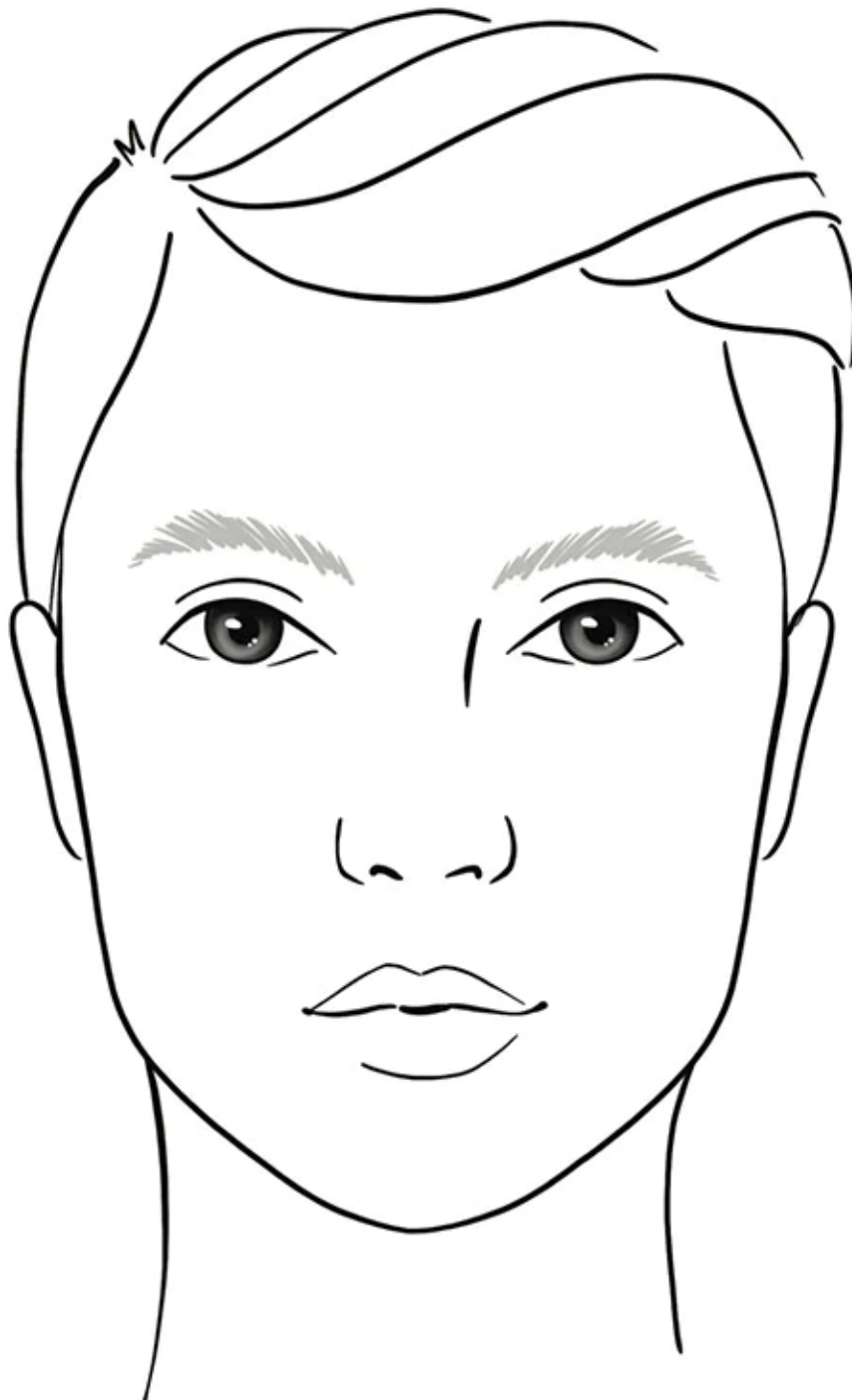
#### **Morning**

- **Step 1-** Use Prelude cleanser with nothing more abrasive than the fingertips to gently clean the treatment area. Do not scrub treated areas.
- **Step 2-** Spray with Hyacin Active
- **Step 3-** Apply Restorative HA to entire treatment area, followed by hydrogel if needed
- **Step 4-** If leaving the house, apply a physical SPF at least 30 or greater

#### **Evening**

- **Step 1-** Use Prelude cleanser with nothing more abrasive than the fingertips to gently clean the treatment area. Do not scrub treated areas.
- **Step 2-** Spray with Hyacin Active
- **Step 3-** Apply Restorative HA to entire treatment area
- **Step 4-** Apply Hydrogel

\*Note you may continue to do vinegar soaks and apply Aquaphor as needed days 2-3 post



The marked areas were treated with laser coring. Day of and day 1 post treatment, apply a thin layer of Aquaphor to these areas.

## **For 1-3 Days:**

- NO sunscreen on day 1, apply only day 2 NO alcohol, spicy or hot foods until day 2.
- NO exercise, defer activity for 3 days or until redness and/or swelling subside if longer.
- NO sun or any environmental exposures like wind, extreme cold, ocean water for 1 week.
- NO product use other than those recommended by or given to you by your provider.
- NO cosmetics unless you have a “new” brush and products. Previously used cosmetics may harbor bacteria that can cause infection, otherwise you may apply cosmetics on day 2-3 if comfortable.
- NO ice, (especially frozen peas or vegetables packets) directly on the skin, especially if you are still numb from pre-treatment topical analgesic mixture (if applicable) immediately post-treatment. There is no way to assure what you procured from the grocery store freezer is “clean”.
- NO ice/ice baths for 72 hours, cold water is fine. Ice before 72 hours can increase swelling. This includes “small” ice packs, skin should be cooled evenly with a full mask or a moist cooled “hand towel” covering the full treatment area. Small ice packs in isolated areas may promote uneven healing and leave hot spots.
- NO cleansers or products with acids, PEG’s, high alcohol content, dyes, or fragrances.
- NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

## **For 4-7 Days:**

- NO Rx or acid-based products until your practitioner has cleared you to use them. This could be anywhere from day 5 to 14 days depending on the depth and degree of your treatment.
- NO picking, rubbing, scrubbing or exfoliating while skin is sloughing.
- NO Rx topical medications (like retinols) or adjunct laser treatments until you are cleared by your treating provider. This could be up to 10-12 weeks.
- NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.
- Please call 217-679-3598 if you have any questions/concerns regarding your post care.