

TIXEL Pre and Post Care Instructions

Pre-treatment Guidance

- Avoid sun and UV lamp exposure. Treatment results are improved by limiting UV exposure as much as possible prior to treatment
- Apply SPF 50 to any sun exposed areas. Remember to reapply throughout the day.
- Avoid using harsh exfoliants or exfoliating sponges
- If indicated, use the prescribed or proprietary depigmenting cream as directed. If already using, continue your current regime
- Take the prescribed antiviral or antibiotics medication as directed (where indicated)
- Inform your provider of any change in your medical history.
- Ensure that you have all post-treatment medication and cream/s at home before your treatment session.

Post-treatment home care guidance - What to expect post treatment (entirely dependent on aggressiveness of treatment)

General:

- Feeling of heat skin to "sunburn" for 1-5 hours post treatment (usually 1 to 2 hours)
- Redness for 1-3 days (depending on settings and number of passes) post treatment (can be covered by mineral makeup as directed by your provider)
- Mild to moderate swelling for 2-4 days post treatment
- "Dot" patterns on treated skin areas
- A dry "sand-paper" feel to the skin as it restores itself. DO NOT PICK AT THESE DOTS
- Mild to moderate exfoliation usually from day 3 post treatment
- The treated area/s will settle within about 4 days post treatment (face). Treatment to the neck, decollete and hands will take longer, up to 6 days.

Eyes:

If the eye area has been specifically targeted for treatment, there may be noticeable swelling for up to 4 days. Sleeping propped with at least 2 pillows and regular application of cold compresses helps to reduce the swelling.

IMPORTANT GENERAL ADVICE:

DO NOT:

- Wash the treated area until the following day.
- Use exfoliants or any abrasive substance for 3 weeks post treatment
- Restart retinoids or glycolics for 5-7 days post treatment
- Avoid smoking and drinking alcohol as both negatively impact on treatment efficacy and increase post treatment "down-time".

DO:

- Continue with the antiviral/antibiotics tablets as directed (where applicable)
- Avoid things that reduce inflammation like Ibuprofen, antihistamines and ice
- Drink plenty of fluids to hydrate the skin
- Apply the only recommended products to the skin
- Spray the treated area as often as needed to reduce the sensation of heat and dryness, using any thermal spring water spray
- From 6 hours post treatment apply a bland emollient as often as needed to reduce the sensation of dryness and tightness (ever 2-3 hours is recommended)
- Avoid very hot baths, showers for 24 hours post treatment
- Avoid strenuous exercise for 24-48 hours post treatment
- Sleep slightly propped for the first 24-48 hours post treatment to reduce the amount of swelling. This is especially important if the eyes have been specifically targeted.

Please see the table below for more post treatment care instructions.

Treatment DAY 1	DAY 2	DAY 3	DAY 4-7
<p>Avoid all sun and UV exposure. If outdoors during daylight for short periods, use shade protection such as sun hats or visors.</p> <p>Apply recommended products to skin hourly (especially first 6-8 hrs after treatment). Pat on skin, do not rub.</p> <p>After first 6-8 hours, apply (pat on) water-based emollient as often as needed.</p> <p>Sleep on back with head slightly elevated to decrease swelling. Use clean pillowcase.</p>	<p>Continue to avoid sun and UV exposure. If outdoors during daylight for short periods, use shade protection such as sun hats or visors.</p> <p>Gently cleanse the skin twice daily with simple cleanser. Apply water-soluble emollient (pat on skin, do not rub). Reapply as often as needed.</p> <p>You may use a gentle mineral make-up on day 2, if cleared by your provider (only for low to moderate settings).</p> <p>Swelling may be increased today. Continue to sleep with head elevated.</p>	<p>Continue to avoid sun and UV exposure. Use Mineral/physical SPF protection and/or wide-brimmed hats when outdoors.</p> <p>Continue gentle cleansing AM & PM followed by applying generous amounts of emollient. Continue to apply as desired/needed.</p> <p>Redness and swelling should be starting to decrease and is usually gone after 5 days.</p> <p>Treatment dots, or micropores, begin to slough off on days 3-7. Allow this to happen naturally.</p>	<p>Always apply mineral/physical SPF sunblock before going outdoors. Consider sun hats or visors.</p> <p>Continue cleansing twice daily. Use recommended treatment serum or moisturizer.</p> <p>When treatment dots are no longer or barely visible, and if skin has healed normally, resume your normal skin care regimen or begin recommended skin regimen, as directed by your provider</p>

Contact the office if you have excessive pain, oozing, crusting, blistering, or reappearance of swelling after the initial swelling has resolved.