

## PATIENT POST CARE INSTRUCTIONS

### CLINICAL POST CARE TREATMENT

- ◆ Your Medical Practitioner may choose to apply topical Exosomes post treatment to optimize your treatment results. Exosomes are growth factors obtained from stem cells which have been clinically proven to reduce inflammation post treatment and rejuvenate /regenerate the skin.
- ◆ After your treatment, you will be given a topical hyaluronic acid which you will apply to treated areas throughout the rest of the day.
- ◆ The day after your procedure, you will start applying a product called **Plated Calm** twice a day for 1-3 days until redness clears. This product will be given to you after your first treatment and is to be used after each sequential treatment.
- ◆ On the day after treatment, makeup can be applied **AND** a minimum of SPF 30 sunscreen with zinc oxide is to be worn daily to protect your skin.
- ◆ Avoid prolonged sun exposure for at least 3-5 days after treatment as the skin will be more sensitive.

### PATIENT POST CARE TREATMENT EXPECTATIONS & INSTRUCTION

- ◆ A certain degree of discomfort, redness and/or irritation during and after treatment is expected. Redness for 1-3 days is common.
- ◆ If any significant discomfort or irritation persists for more than 48 hours, please notify the office at 239-261-2255.
- ◆ Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally.
- ◆ During the first two days following treatment, care should be taken to prevent trauma to the treated site: Avoid hot baths, massage, irritating skin care products or exfoliants, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- ◆ It is important to keep your skin moisturized after the treatment.
- ◆ You may have mild swelling for 1-3 days after your treatment. Patients may apply an icepack (NOT direct ice!) to the irritated area for 1-2 days in approximately 15-minute sessions, 3-4 times per day.