

SkinTyte

PRE- AND POST-CARE INSTRUCTIONS

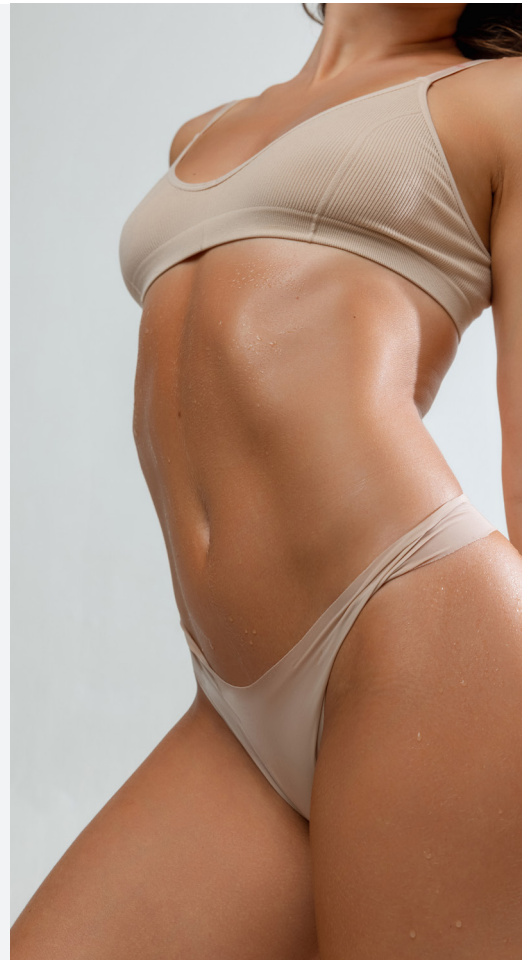
PRE-TREATMENT RECOMMENDATIONS

- No direct sun exposure for at least two weeks prior to the treatment other than normal sun exposure. Do **NOT** intentionally tan or spend significant time in the sun without total sunblock, not sunscreen.
- Do not use self-tanners. Your skin should be as light as possible prior to the treatment.
- If using a hydroquinone product, do not use on the day of your treatment and discontinue retinoids, alpha hydroxy acids or any active products one to two days prior to treatment. You may continue using of Vitamin C serums, retinol and other treatment products when skin condition returns to normal.



POST-TREATMENT RECOMMENDATIONS

- Your skin may appear red or blotchy in the treated area for one to two days after the treatment. But if you are concerned about covering it, you may apply makeup that is mineral based 48 hours following treatment.
- Cleanse treated area gently with a mild cleanser. Do not spend any significant time in the sun without total sunblock.
- You may use a cool water compress on the area and aloe gel, if desired, for soothing and calming of the skin in the treated area. Use moisturizer and a broad-spectrum UVA/UVB sunscreen of at least SPF 30 daily before and after treatments. You should be wearing a medical grade SPF every day even when indoors.
- No shaving over treated area as long as area is red or swollen.
- You may continue use of Vitamin C serums, retinols and other treatment products when skin condition has returned to normal and there is no redness or swelling present.
- If treating rosacea, avoid alcohol, spicy foods, caffeine and exercise for one day after a procedure.
- Quick, warm showers are recommended. Avoid prolonged hot baths, hot tubs, steam rooms, sauna, tanning beds, hot yoga, using a blow dryer close to the area or sun exposure.



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POSSIBLE COMPLICATIONS

- **Discomfort:**
Some discomfort may be experienced during and after this treatment.
- **Wound Healing:**
This treatment may result in swelling and flaking of the treated area, which may require medication and one to three weeks to heal. As with any injury to the skin, there is a potential for poor wound healing.
- **Bruising, Swelling or Infection:**
Bruising of the treated area may occur. Additionally, there may be some swelling noted. Infection is a rare possibility, though proper wound care should prevent this.
- **Pigment Change (Skin Color):**
During the healing process, there is a possibility of the treatment area becoming either lighter or darker in color than the surrounding skin. This is usually temporary, but on rare occasions, it may be permanent.
- **Scarring:**
Scarring is a rare occurrence.
- **Eye exposure:**
Protective eye wear will be provided. It is important to keep them on at all times during the treatment in order to protect your eyes from injury.



If you have any questions or concerns, do not hesitate to contact Springfield Clinic. We are here to help in any way possible!