FORM
CAMPUS
DR. RON SOMOGYI, MD, FRCSC · DR. CORY GOLDBERG, MD, FRCSC · DR. MICHAEL BRANDT, MD, FRCSC

POST-TREATMENT CARE

Skin Resurfacing (Venus Viva Fractional RF)

These post-care instructions have been created to help you care for your skin after your treatment in the clinic is complete. Following these instructions will maximize your aesthetic outcome. As you learned from our informed consent booklet and your discussion with a member of our medical team, most potential complications tend to be minor and can be effectively managed if we are notified promptly. If you do not understand any of these instructions, please do not hesitate to call the clinic and speak with a member of our medical team.

> In the rare instance that you are unable to reach a member of our medical team with a post-care concern, and you feel it is urgent, please go to the emergency room of your nearest hospital.

Remember, an excellent aesthetic outcome and quality care are our goals. We are here to help you!

CONTACTING THE OFFICE

- Office: 416-447-6176
- After hours: 647-699-8190

YOUR PROCEDURE

The treatment you have selected is Venus Viva Fractional RF. This dermatological procedure includes ablation and leads to resurfacing, softening fine to moderate wrinkles of the face, neck or hands, acne scars and textural irregularities. Venus Viva Fractional RF is performed as an outpatient procedure using a topical anesthetic.

POST-PROCEDURAL CARE: DAY 1 TO 5

Healing time varies from patient to patient. The following describes the general recovery phases you might expect. Individual patients may experience variations from this course.

Swelling, Discomfort and Redness

Swelling of your wrinkles occurs immediately. Significant swelling and redness of the treated and untreated areas may occur following your procedure and will peak at 24 to 48 hours. To minimize swelling, keep your head elevated. It is not uncommon to have under-eye swelling for the first 1 to 2 days, but this swelling will subside. There will be redness and slight heat coming from the treated area for the first 24 hours, similar to a mild sunburn. Severe or excessive pain is unusual; please notify us if this occurs.

Tiny scabs usually form 24 to 72 hours after treatment and may remain for several days. Do not touch or scratch the scabs, even if they itch. Allow them to shed naturally.

Activity

Some mild discomfort may occasionally follow resurfacing treatment. You may return to regular activities immediately. Avoid hot baths, saunas, Jacuzzis and pools for the first two days following treatment, as the bacteria common to these places can affect the skin after resurfacing and cause an infection. Some mild heat coming from the treated area is normal. Please do not apply ice or cooling compresses, as this heat is the body's natural healing response.

Moisturizer

For the safest clinical outcome, apply nothing to the treated skin for the first 24 hours. From 24 hours after treatment onward, moisturizer may be applied.

Makeup

After 24 hours, most resurfacing patients are ready to wear makeup to hide the pinkness of the skin. If you wear makeup, remove all of it from the skin at night. Do not sleep with makeup on the treated area.

Avoiding the Sun

Avoiding direct sun should become a permanent part of your long-term skin care program. Always use an SPF 30 or greater, beginning 24 to 48 hours after the skin has fully healed. Sun exposure, tanning beds and sunless tanning lotions are not allowed on the treated areas during the course of treatment and healing.

Long-Term Skin Care

In addition to avoiding direct sun exposure, we suggest all patients follow a long-term skin care program to maintain the youthful, rejuvenated appearance you have achieved. We offer a program for long-term facial skin maintenance featuring state-of-the-art skin maintaining and rejuvenating creams that are available only through, and administered by, our medical team.

90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3
T (416) 447-6176 · F (416) 447-5750 · FORMFACEBODY.CA

These instructions are general guidance. Your surgeon or provider may give you instructions specific to your care, and those take priority.