

## FRACTIONAL RF SKIN RESURFACING

### POST-PROCEDURAL CARE INSTRUCTIONS

#### INTRODUCTION TO THE VENUS VIVA™ FRACTIONAL RF POST-PROCEDURAL CARE INSTRUCTIONS

These post-care instructions have been created to help prepare you for care after your treatment in the clinic is complete. Following these instructions will maximize your aesthetic outcome. These instructions will also provide you with a few of the postprocedural warning signs that may indicate a complication. As you discovered 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 the items, 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 contact a member of our medical team with a post-care concern, and you feel it is of an urgent nature, please proceed to the emergency room of your nearest hospital. Remember, your excellent aesthetic outcome and quality of care is our goal. 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 is a dermatological procedure that includes ablation and leads to resurfacing, resulting in softening of 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 topical anesthetic.

#### POST-PROCEDURAL CARE - DAY 1 TO 5

The healing time for any given treatment varies between different patients. The following represents the general recovery phases you might expect. Individual patients may experience variations from this course.

##### Swelling/Discomfort/Redness:

Swelling of your wrinkles occurs immediately. Significant swelling and redness of the treated areas and untreated parts may occur following your procedure and will be maximal at 24 - 48 hours. To minimize swelling, keep your head elevated. It is not uncommon for clients to experience under-eye swelling for the first 1 to 2 days, but this swelling will subside. There will be redness and slight heat emanating from

the treated area for the first 24 hours, akin to a mild sunburn. It is unusual to experience severe or excessive pain; you should notify us if this occurs. Tiny scabs will usually 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 off naturally.

Activity:

Some mild discomfort may occasionally follow resurfacing treatment. You may return to regular activities immediately. It is advised that you avoid hot baths, saunas, Jacuzzis, and pools for the first two days following treatment, as the bacteria common to these sites can affect the skin post-resurfacing and cause an infection. Some minor heat emanating from the treated area is normal, but please do not apply ice or cooling compresses, as that heat is the body's natural healing response.

Moisturizer:

For the safest clinical outcomes, it is advised to apply nothing on the treated skin area for the first 24 hours. Thereafter (24 hours post treatment and onward) moisturizer may be applied.

Make-Up:

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

Avoiding the Sun:

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

Long-Term Skin Care:

In addition to avoiding direct sun exposure, we suggest all clients use long-term skin care that will optimize the youthful, rejuvenated appearance you have achieved. We offer clients a program for long-term facial skin maintenance. This unique program offers state-of-the-art skin maintaining and rejuvenating creams that are only available and administered by our medical team.

**WARNING SIGNS**

The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact the clinic:

**Infection:** Infection may be present if you notice:

- (i) Increased (rather than decreasing) facial swelling after the first 24 - 36 hours.
- (ii) Redness spreading beyond the area of resurfacing, that is warm and tender to touch.