



POST CARE FOR SUBLATIVE E-MATRIX RF

-Immediately after the treatment, your skin should feel like a deep sunburn. You should expect erythema and edema to the treated area. This will subside within a day or two.

-Post-treatment cooling is not necessary. But in the event of discomfort, you may apply a cold icepack or cool air.

-Tiny pinpoint scabs will appear 24-72 hours post-treatment and may remain for 3-7 days following as your skin repairs. The side effect is normal and lets you know your skin is healing. The scabs should not be touched, itched, or exfoliated they will naturally shed off when ready.

-During the next 48 hours post-treatment, you should avoid working out, hot showers, massages, sun exposure, etc. The skin should be kept clean to avoid contamination or infection while its healing.

-Women- do not apply makeup to your skin for 24 hours after treatment while your skin is healing. You may start applying emollient creams to alleviate any dry, tight, or itchy sensations while your skin is healing.

-Men- do not shave for 1-2 days post treatment while your skin is healing. You may start applying emollient creams to alleviate any tight, dry, or itchy sensations while your skin is healing.

-After one day, please apply broad spectrum of at least 30 SPF (we recommend 8-9% zinc oxide) and protect the treated area from sunlight for a month. Sun exposure may cause hyperpigmentation. Re-apply every 2-3 hours as needed. Remember that clothing and hats do not give complete protection from UV radiation.

-Treatments vary depending on skin conditions but typical protocol is between 3-4 sessions and every 4-6 weeks between sessions.