

THUZZLE SKIN RESURFACING & LIFTING

Treatment Prep & What to Expect

Pre-treatment preparation and post-treatment care are vital steps in your Skin Resurfacing & Lifting treatments. To ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.

TREATMENT PREPARATION

DAILY

- A sunscreen with SPF 30 or greater should be applied to protect against UV damage.
- Follow your prescribed homecare routine as advised by your treatment provider.

4 WEEKS PRE-TREATMENT

- Avoid the use of fake tan and gradual tanning creams in the area to be treated.
- Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments).
- Avoid Botox & filler injections in the treatment area.
- Avoid IPL / Laser photo rejuvenation and pigmentation treatments within the treatment area.

2 WEEKS PRE-TREATMENT

- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III+ and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription-strength exfoliant creams on the treatment area.
- Avoid chemical peels, microdermabrasion, dermaplaning or any treatment that will compromise the skin barrier.

1 WEEK PRE-TREATMENT

- Avoid Benzyl Peroxide application in the treatment area.
- Avoid IPL / Laser hair reduction in the treatment area.
- If prone to cold sores, please speak to your pharmacist about a prophylactic course of antiviral medication.

3 DAYS PRE-TREATMENT

- Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.
- Avoid waxing, shaving, or epilating within the treatment area.

WHAT TO EXPECT

DURING THE TREATMENT

- **Moderate warmth:** Some clients can feel mild warmth during this treatment.
- **Mild to moderate discomfort.** This sensation is more evident in certain areas, such as the forehead and nose. A flicking sensation is normal.

IMMEDIATELY AFTER THE TREATMENT & UP TO 5 DAYS POST-TREATMENT

- The skin will feel warm and appear pink in colour, similar to a mild sunburn post-treatment due to the normal inflammation process. This warm sensation can increase over the following 4 hours.
- On days 3-5 post-treatment, you may experience mild edema, persistent redness and crusts will be observed, which are part of the tissue regeneration process.

NOTE: Transient breakouts may occur in some clients 1-3 weeks post-treatment. Do not pop or pick the skin.

IMPORTANT



Throughout your treatment course, it is important to advise your treatment provider of any of the following:

- Sun exposure or fake tan application on the treatment area within the past 4 weeks
- Any new health conditions, or if you have been unwell
- Commencing any new medication (including short term doses)
- Changes to current medications or supplements
- If you are trying to become, or become pregnant

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Aftercare

DAILY:

1. Cover the treated part completely with SPF30 or higher sunblock.
2. Avoid sun exposure to treated areas.
3. Follow your prescribed homecare routine as advised by your treatment provider.
4. Avoid picking at or peeling the skin.
5. Avoid unnecessarily touching the skin. When essential, wash hands first.

FOR THE FIRST 24 HOURS POST-TREATMENT:

1. The treated area must not be exposed to UVR for 24 hours, even in enclosed places.
2. Do not apply a cold compress or ice to the skin, as this will affect the normal wound-healing process.
3. Avoid using pools, spas, saunas, and extremely hot showers.
4. Avoid makeup application.
5. If possible, avoid taking ibuprofen or other anti-inflammatories for 24-48 hours post-treatment.

UP TO 5 DAYS POST-TREATMENT:

1. Avoid the use of scented lotions or soaps.
2. Avoid the use of cosmeceutical Vitamin A and Vitamin C.
3. A gentle skincare routine is recommended during this time. Your treatment provider will recommend suitable skincare to protect and hydrate the skin.
4. Avoid exercise and activities that increase perspiration and body temperature.

UP TO 1-WEEK POST-TREATMENT:

- Avoid antiwrinkle injections and filler injections in the treatment area.
- Avoid picking or peeling the skin. Any scabs or crust that develop will gradually fall off after 5- 7 days.

UP TO 1-MONTH POST-TREATMENT:

- Avoid exfoliating the skin, including AHA's, BHA's and granular scrubs.
- Avoid in-clinic exfoliating and rejuvenating treatments. Check with your treatment provider before proceeding with your next treatment.
- Avoid the use of prescription-strength exfoliant creams (prescriptive vitamin A).



IMPORTANT

- **Contact your treatment provider if you notice any unusual reactions**
- **Your treatment provider will advise your treatment schedule. It is important to adhere to this regime for best results.**
- **Maintenance treatments will be required and will be ongoing**