

Scheen & Smith, P.S.C.

STEPHEN Z. SMITH, MD

DERMATOLOGY & DERMATOPATHOLOGY

TIXEL GUIDELINES

PRE-TREATMENT GUIDELINES

To decrease the risk of complications and optimize results, please note the following instructions:

- Please drink plenty of fluids and water the day before and day of your procedure.
- Avoid tanning or prolonged sun exposure for 4 weeks prior to and after your Tixel Treatment.
- No Accutane or Isotretinoin within 3 months of treatment.
- Discontinue Retinols/Retinoids 5 days prior to treatment.
- Avoid NSAIDs (Ibuprofen, Aleve, naproxen, aspirin) for 7 days prior to your Tixel treatment. It is okay to take Tylenol (acetaminophen) prior to your Tixel.
- Please stop any herbal supplements 7 days prior (including St. Johns Wort, Garlic, Vitamin E, Ginko, etc.) Biotin based supplements DO NOT need to be discontinued.
- Do not dye your hair 24 hours before your Tixel treatment.
- You will have red/sensitive skin after your procedure.
- The areas treated may be tender to touch for up to 72 hours post procedure.
- If you are prone to Fever Blisters/Cold Sores take Valtrex prophylactically prior to your Tixel treatment.

POST-TREATMENT EXPECTATIONS:

- An intense heat sensation like a very strong sunburn may last for several hours on the day of treatment.
- Redness, mild swelling, and treatment marks may last for 3-10 days depending on the level of treatment.
- Sloughing of the skin with washing on days 3-5, but NO scrubbing with washcloth or anything abrasive. Avoid physical exfoliation.
- Dry, rough, sandpaper-like skin following Tixel which could last up to a week or longer.
- It may look like there are areas of streaking and/or areas that look like they were not touched during the procedure. This is a normal reaction.
- Melasma and pigmentation patients may experience the pigmentation getting darker first and then begin to flake off with the micro crusting.
- For patients that do not commonly use physical exfoliation such as: retinols and glycolic, may experience the micro crusting to stay longer.
- Antihistamines are recommended for patients that are very reactive and for patients that tend to swell especially around the eyes (Zyrtec, Allegra, Xyzal and Claritin).

NOTIFY OUR OFFICE RIGHT AWAY IF YOU NOTE SIGNS OF ABNORMAL HEALING, SUCH AS:

- Redness that is worsening instead of getting better
- Blisters
- Open sores
- Any drainage
- Excessive swelling. Note that swelling may get worse on day 2 and should gradually improve by day 5. For swelling severe enough to interfere with day-to-day functioning, notify our office.
- Pain that gets worse instead of better after topical analgesic wears off (Should feel like mild to moderate sunburn for 48 hrs.).

POST-CARE GUIDELINES

To decrease the risk of complications and optimize results, please note the following instructions:

GENERAL POST CARE

- Tanning is strictly contraindicated 4 weeks prior to treatment and 4 weeks after treatment.
- Please drink plenty of fluids and water.

FIRST 24 HOURS AFTER TREATMENT:

- Absolutely NO sun, indirect sun or heat related activity for 24- 48 hours.
 - This includes but is not limited to: Hot baths, showers, saunas, working out (indoor hot yoga, & working out indoors) and/or anything that raises your blood pressure.
- NO washing, sunscreen or make up for 24 hours in the treatment area.
- NO hats for 24 hours.
- Change your pillowcase to a clean pillowcase when you get home.
- Sleep on your back with your head slightly elevated to decrease swelling.
- NO physical exfoliation of the treatment area at all, that includes loofahs, cleansing with make-up removal towelettes, towels or washcloths, picking, and scratching.
 - You **MUST** pat the treatment area dry with a clean towel until the micro-crusting is completely gone, no wiping or scrubbing to dry the skin.
- Avoid smoking and excessive alcohol intake for 24 hours. Nicotine gum and vaping can be used if necessary.
- Avoid swimming or any environmental chemical exposure for 48 hours.
- **Only apply the recommended post-treatment skincare products listed in the chart below.**
- **NO occlusive products on the skin (ex: heavy moisturizers, Aquaphor, ointment-based medications, etc.)**

DAY 2 (AFTER 24 HOURS):

- Absolutely NO sun, indirect sun or heat related activity for 24- 48 hours.
 - This includes but is not limited to: Hot baths, showers, saunas, working out (indoor hot yoga, & working out indoors) and/or anything that raises your blood pressure.
- After the first 24 hours, you may gently cleanse your skin with the skincare provided to you in your post-care regimen.
- You may take a shower, do not use excessive heat.
- Begin applying the mineral-based sunscreen we provide you with (active ingredients of zinc and titanium dioxide only) NO CHEMICAL SPF.
- You can start wearing a freshly washed hat but note it might irritate your skin.
- Sleep on back with head slightly elevated to decrease swelling.
- No physical exfoliation of the treatment area at all, that includes loofahs, cleansing with make-up removal towelettes, towels or washcloths, picking, and scratching.
 - You **MUST** pat the treatment area dry with a clean towel until the micro-crusting is completely gone, no wiping or scrubbing to dry the skin.
- Avoid swimming or any environmental chemical exposure for 48 hours.

DAY 3:

- Avoid sun and UV exposure. Use the mineral-based sunscreen given to you in your post-care and/or wide-brimmed hats when outdoors.
- Redness and swelling should start to decrease and is usually gone after 5 days.
- Treatment dots, or micro crusts, begin to slough off on days 3-7 but may remain longer dependent upon your treatment settings.
- Swelling may still be present, continue to sleep with head elevated.

- White vinegar soaks may help with exfoliation (Add 1 tbs vinegar into 1 cup water) if you would like but are not necessary. Soak a washcloth in the solution and lay on your skin for 10-15 minutes. DO NOT scrub with the washcloth as we want the micro crusts to fall off on their own.

DAY 4-7:

- Always apply SPF 50 sunblock before going outdoors, consider sun hats or visors.
- Continue gentle cleansing twice daily.
- Use recommended treatment serum or moisturizer.
- Mineral make-up may be used, if skin is healing normally (no drainage, open areas, or raised scabs).
- When treatment dots are no longer or barely visible, and if skin has healed normally, resume your normal skin regimen or begin recommended routine skin regimen, as directed by your provider.
- If you are using Glycolic 10 Renew Overnight or any Retinol products, you may resume usage on Night 5-7 after treatment.
- **ABSOLUTELY NO** physical exfoliation or scrubs in between treatments at all!

OTHER INSTRUCTIONS:

YOUR POST-CARE BAG INCLUDES:

• Soothing Cleanser	
• Phyto Corrective Gel	• Hydrating B5 Gel
• Sheer Physical UV Defense SPF 50	• Physical Fusion UV Defense SPF 50

OTHER RECOMMENDED PRODUCTS FOR THE POST-CARE PERIOD:**(NOT INCLUDED IN POST-CARE BAG, BUT CAN BE PURCHASED AT 15% DISCOUNT ON DAY OF TREATMENT)**

• Advanced RGN-6	to reduce recovery time and optimize rejuvenation outcomes
• Epidermal Repair	forms a protective barrier that helps accelerate recovery and hold moisture in the skin
• Glycolic 10 Renew Overnight	to be used in between treatments for exfoliation while physical exfoliation cannot be performed

DAY BY DAY AFTER CARE GUIDE

First 24 Hours After Treatment	Day 2 (After 24 Hours)	Day 3	Day 4-7
<p>** NO WASHING OR SHOWERS FOR THE FIRST 24 HOURS **</p> <p>1 Hour Post Procedure:</p> <ol style="list-style-type: none"> 1. Wash your hands 2. Spray treated area with Antimicrobial Spray 3. Apply 0.5 mL of Fusion product in syringe 4. Apply Hydrating B5 Gel or Phyto Corrective Gel to your skin <p>You will repeat the above process every hour until the syringe is empty or until bedtime.</p> <p>Your syringe will contain 5 applications of the Fusion product.</p> <p>Continue to apply the Hydrating B5 Gel or Phyto Corrective Gel as needed for added hydration and soothing throughout the first 24 hours but make sure you wash your hands before applying.</p>	<p>** IF YOU HAVE ANY FUSION PRODUCT LEFT IN YOUR SYRINGE, USE REMAINING IN THE MORNING **</p> <p>After the first 24 hours, use the following routine twice daily:</p> <ol style="list-style-type: none"> 1. Wash the treated area with Soothing Cleanser 2. Apply Hydrating B5 Gel or Phyto Corrective Gel to your skin 3. Apply additional lightweight moisturizer (see recommendation below) <p>Continue to apply the Hydrating B5 Gel or Phyto Corrective Gel throughout the day.</p> <p>We recommend using Advanced RGN-6 / Epidermal Repair (available for purchase in office) as your lightweight moisturizer to enhance your healing process and add additional rejuvenation to your skin.</p>	<p>Use the following routine twice daily:</p> <ol style="list-style-type: none"> 1. Wash the treated area with Soothing Cleanser 2. Apply Vitamin C product (if 72 hours post treatment) 3. Apply Hydrating B5 Gel or Phyto Corrective Gel to your skin 4. Apply additional lightweight moisturizer 5. Apply Sheer Physical UV Defense or Physical Fusion UF Defense to your skin <p>If you are using a Vitamin C product you may resume this product after 72 hours.</p>	<p>Continue to use the following routine twice daily until the micro crusting is gone or barely visible:</p> <ol style="list-style-type: none"> 1. Wash the treated area with Soothing Cleanser 2. Apply Vitamin C product 3. Apply Hydrating B5 Gel or Phyto Corrective Gel to your skin 4. Apply additional lightweight moisturizer 5. Apply Sheer Physical UV Defense or Physical Fusion UF Defense to your skin <p>Once the micro crusts are no longer or barely visible, you may use your normal skin regimen or begin recommended routine skin regimen discussed in our office.</p> <p>You can resume any active skincare products like Glycolic or Retinol on Night 5-7 after treatment.</p> <p>ABSOLUTELY NO physical exfoliation or scrubs in between treatments.</p>