



Collagen Induction Therapy (CIT)/ Infini RF

Thank you for choosing TLC Laser & Skincare for your Collagen Induction Therapy (CIT) treatments. By carefully following these instructions you will help achieve the best results possible.

It can take between 4-6 weeks before visible sign of skin regeneration are seen and the process will continue over the following months, providing a gradual enhancement. The specific number of sessions required will depend on the area being treated and the severity of the indication, as well as the level of natural healing response for the individual.

The following are contra-indications for Collagen Induction Therapy (CIT) and may need a physician consult.

- Extreme or active acne, rosacea, or other inflamed conditions
- Infected skin disorder; open cuts, wounds or abrasions
- Pregnancy
- Diabetes
- Anticoagulant medications
- Immunosuppressant Medication

Pre-Treatment

- Refrain completely from unprotected sun exposure, use of tanning beds, or tanning creams in the areas to be treated, 48 hours prior to treatment.
- Avoid Vitamin E, fish oils, and Ginkgo Biloba for one week prior to treatment.
- Avoid ASA (Abbreviation on a medication that indicates it contains acetylsalicylic acid (Aspirin) 2 weeks before treatment. (Please consult with your physician first if you are on ASA therapy).
- Avoid anti-histamine and inflammatory drugs one week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.
- Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
- If you have a history of cold sores or herpes in the area to be treated, you will need to take a prescribed antiviral medication to prevent an outbreak post treatment. An antiviral medication can be prescribed by one of our physicians. Please notify our office immediately should you develop any outbreak or rash of any kind during treatment. Treatment will need to be postponed until it clears.
- Should you desire or need a topical anesthetic, we can recommend an effective product for you.
- Avoid BBL/ IPL and laser treatments 2 weeks prior and after the treatment.
- Botox and Fillers should not be done within two weeks of this treatment (before and after) in the area of treatment.
- No Retin-A products 12 hours prior to treatment.

Post Treatment Instructions

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally recover within the same day or 24-48 hours. You may see slight redness after 48 hours but only in minimal areas or spots.
- Please do not use ice or cool compresses to sooth the skin. Inflammation is essential for collagen stimulation
- Do NOT use NSAIDS. NSAIDS can also decrease the inflammatory response, please use Tylenol for discomfort and Benadryl for itching.
- Do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as "active" skincare for at least 2 hours post treatment, and 7 days if combined with a chemical peel.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- Do not apply sunscreen for 12 hours after treatment.

- Do not apply make-up for at least 24 hours after treatment. Mineral make-up is recommended for 1 week post treatment.
- Minor peeling and flakiness will occur after a few days. Don't pick at the loose skin.
- Call our office if you experience excessive redness, swelling, pain or drainage as they might indicate an infection.

Post-Treatment Skincare:

Use hydrating and reparative medical grade products have been proven to increase results. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, Vitamin A, C, and E, and growth factors work very well.

- CLEAN – Use a soothing cleanser with tepid water to cleanse the face for the following 48 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- STIMULATE – In the days following your treatment and as the skin starts to regenerate, collagen stimulating peptides as well as growth factors are ideal to continue the stimulation.
- HYDRATE – Following your treatment, your skin may feel drier than normal. Use a non-irritating moisturizer to hydrate and restore the skin.
- PROTECT – After 12 hours apply a broad spectrum UVA/UVB sunscreen with a SPF30 or higher. A chemical-free sunscreen is highly recommended.
- MAKEUP – Makeup should not be applied for 24 hours after the procedure. After the 24 hours mineral makeup is highly recommended.

For optimal results it is recommended you use our medical grade skincare.

These products have been developed to maximize new collagen production and treatment results.

If you have any questions or concerns after your treatment, please contact us at **262-569-7335** or after hour emergencies email at info@tlclaserandskincare.com