**Fiber-Blast Recovery**

* Keep the treated area clean using a mild, unscented, alcohol free cleanser. Pat Dry and Keep Dry
* Use ice, anti-inflammatory and antihistamines for the swelling if needed in the early healing phases
* Do not apply makeup (even mineral makeup) until the scabbing has fallen off completely. This is to avoid infection or disrupting the scabs prematurely.
* Important!! Avoid sun exposure and tanning beds to the treated area. Once the scabbing process is complete, always apply broad spectrum SPF 50 or higher to the area for at least 3 months after your last treatment. Healing skin can become damaged by UV rays, causing hyperpigmentation and or premature aging.
* While dry healing is best, you may safely apply aloe vera up to three times per day to help manage itchy sensations. Icing the skin also helps reduce itchiness.
* You may resume most activities immediately after any treatment, but you may not look your best during the healing process. Clients usually have 4-10 days of dots (5-7 days of dots on average), usually followed by temporary redness. Depending on treatment location and comfort level, you may choose to avoid in-person appointments during this time.
* Do not pick scabs!! Prematurely removing scabs may result in scarring and discoloration. Allow scabs to come off on their own. This will ensure the best possible result and avoid scarring, hyperpigmentation, and infection. If scabs are accidentally removed, protect them by covering them with Aquaphor. The longer the scabs stay put, the longer the skin has a chance to heal itself with protection of the scab.
* Ice the treated area using a clean towel to cover the ice pack each use. Alternate 10 minutes on and 10 minutes off for up to an hour the first 2 days.
* Take collagen, vitamin C and L- Lysine supplements to give the immune system and collagen production a boost.
* Avoid smoking
* Avoid shaving over any treated area until the skin heals
* Avoid exercising immediately after a treatment, as any heat, steam or sweat can add inflammation. Do not use any pools, hot tubs, or saunas until the dots have fallen off and your skin returns to a more normal state.
* Avoid harsh products like acids, peels, or physical exfoliants until the 8 weeks post treatment healing point. Use common sense if it doesn’t feel good, then don’t do it.

Stages of Healing:

Day 1: Try to lay propped up with pillows. Some discomfort is normal. The swelling will likely be worse in the mornings and lessen towards the evening. With eye treatments, you may find it difficult to open your eyes, but it will subside throughout the day. It will feel like a bad sunburn.

Day 2: Swelling typically peaks by day two and can also spread to the under-eye area. Do not panic as this is normal. The upper and lower eye area are all connected and the fluids from the upper eye will drain to the lower eye area. This too shall pass.

Day 3: You may notice an improvement in the swelling and the “dots” will start to crust/scab over. Allow scabs to fall off on their own. Discomfort will have subsided a bit. Under eye swelling may still be present.

Day 4: Some mild residual swelling may still be present on the upper eyelids. Discomfort should diminish.

Day 5: Swelling should subsist, and scabs may still be present. Use Aquaphor to protect scabs that are accidentally rubbed off.

Day 6-10: Wait patiently for the remaining scabs to fall off on their own. It is normal for the new skin under the scabs to be pink or red and peeling as the healing process continues.

Weeks 2-8: After scabs fall off, you may have tender, peeling or textured skin for a few days or weeks. Once tenderness subsides, use a non-physical, gentle, enzyme exfoliant to slough off peeling skin. After scabs fall off, you may use healing serums, lotions, and makeup. Each day, your skin will progressively return to its’ original coloration and texture.

Depending on the laxity and desired results, you may have multiple treatments on the same area. Areas may be treated every 3 months to let collagen heal and turn over.

Please remember is takes at least 12 weeks to see results. The healing cycle takes 12 weeks to complete. The most tightening and lifting happens in weeks 6-8. Improvements may continue for up to 6 months.

Face dots shed approximately 4-10 days following treatment (average client begins to shed dots on day 5,6 or 7). Dots on the body often take longer than the face, potentially around 2 weeks. New skin is often pink from a few days to the entire 3 months(rare), fading daily until returning to original coloration.

After the dots shed, skin may feel tender, peel or become slightly textures. This is normal. Skin will get smoother, return to normal coloration and continue to tighten over the 3 months. While skin may return to its original texture and color, it takes 4 weeks for collagen and elastin production to BEGIN.

Expect temporary swelling as the area is recovering from a deliberate controlled wound.