



RESURFX TREATMENT:

BEFORE YOUR APPOINTMENT

- **Avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment.**
- Avoid retinol and glycolic acid products for one week prior to your treatment.
- Have your Valtrex prescription filled and take starting 1 day before the treatment (if necessary).
- Wait 2 weeks after Botox injections and 4 weeks after fillers before your IPL treatment.
- Shave the area if there is hair. If you have a beard, trim to what would be equivalent to a "2 day shadow."
- Drink plenty of water starting 1-2 days before treatment. The procedure tends to dry out your skin.

THE DAY OF YOUR APPOINTMENT

- Wear or bring a button-down shirt so as not to pull anything over the face after treatment.
- Arrive to your appointment clean faced without make-up 30 minutes prior for numbing of the area.
- Allow 1 hour for your appointment.

AFTER YOUR APPOINTMENT

- After treatment, you will experience redness, swelling or, after a few days, a bronzed appearance. Most swelling will be noticeable on the first morning after treatment. Swelling usually lasts two to three days.
 - Apply cold compresses to the area for 10 minutes of every hour on the day of treatment, until bedtime, if needed.
 - You can take an antihistamine to also minimize swelling.
- Noticeable pinkness over the next few weeks. Most resolves during the 1st week. A rosy "glow" can remain several weeks. Heat sensation can be noticeable for 1-3 hours following your treatment.

WHAT TO EXPECT

- Your skin may feel dry, peel, or flake. You may notice a "sandpaper" texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- Crusting is rare; however, if it does occur a thin layer of over-the-counter antibiotic ointment such as Polysporin[®] can be applied 2-3 times a day for 3 days. Please call us if you experience this uncommon reaction.
- Itchiness can occur and an OTC antihistamine can be taken to avoid scratching the delicate skin.

AFTER CARE

- Use the **Epionce Essential Recovery Kit** for 3-5 days to help heal the skin.
- After days 3-5 post-treatment, continue regular **Epionce Cleanser and Renewal Facial** or **Obagi Gentle Cleanser and Hydrate** product for skin type. **Epionce Lytic** or **Obagi Clear** application may be resumed 1 week post procedure, or when the skin is no longer sensitive.
- Do not wear make-up for 2 days. Continue gentle cleansing and moisturizing over the next few days.
- Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, yoga or exposing skin to heat and sun for one week.
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4-6 weeks after your treatment. We recommend the **Obagi Sun Shield Matte** or **Epionce Ultra Shield Lotion**. If direct sun exposure is necessary, wear a hat that covers the treated area.

MAXIMIZING BENEFITS OF YOUR TREATMENT

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.