



What to expect after your Fibroblast Skin Tightening procedure and aftercare:

You **MUST** stop using any products with AHA's, BHA's, Retinol or any bleaching creams **AT LEAST 2 weeks** prior to the procedure and up to 6 weeks after.

The Fibroblast Skin Tightening procedure produces side-effects. The intensity and duration of your side effects depends on the treatment aggressiveness, treatment area and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense side-effects that can last longer. Notify your technician if your side-effects become a problem for you.

**Swelling:** You will notice most of the swelling on the morning after your treatment, particularly around the eyes. Swelling usually lasts 2-3 days however, it can last up to 3 weeks, depending on the intensity of the treatment and the healing ability of the patient. To minimize swelling, do the following:

- Apply cold compresses up to 4 times the first hour after treatment. This will relieve inflammation and excess heat.
- Please consult with your doctor about taking an Asprin or anti-inflammatory to help with residual pain or swelling in the treated area.
- Sleep elevated the first night.

Redness: Most redness resolves 7-10 days after treatment. A “rosy” glow can remain for several weeks after the treatment, again, depending on your healing ability, age, medications, metabolism, etc.

Dry Skin: Your skin may feel dry, peel, or flake. You may notice a “sand paper” texture a few days after treatment. This is treated tissue working its way out of your body as new, fresh skin is regenerated.

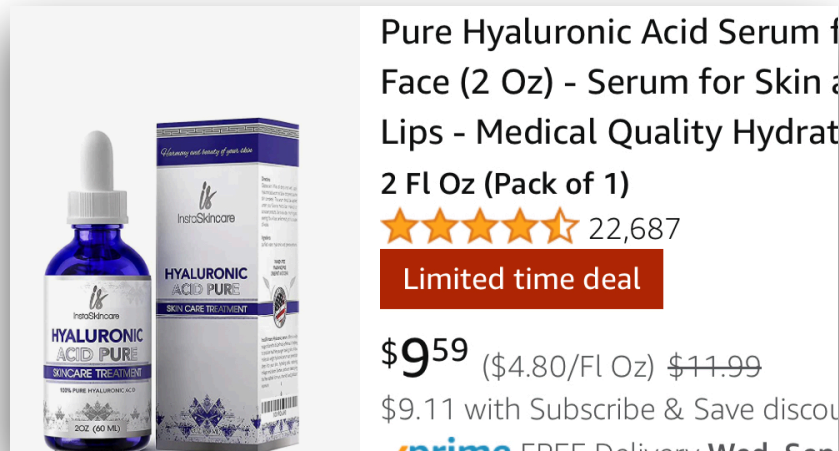
Bronzing, Crusting and Small Dark Spots: A Fibroblast treatment causes destruction to microscopic cylinders of skin which then exfoliates during the healing process. Fibroblast can make the skin look bronzed or small, circular carbon crusts will appear (DO NOT PICK, SCRATCH OR REMOVE). Scratching or rubbing off any carbon deposits may result in hypopigmentation of the skin that may not be able to be reversed, as well as scarring. Please refrain from all scratching, rubbing and picking and treatment areas. On the face these fall off within 5-7 days, larger parts of the body can take up to 14-21 days.

**Aftercare is EXTREMELY important** to achieve your desired results. An aftercare kit will be provided. It is of the utmost importance to follow this aftercare.

You will be given:

- Hyaluronic Cream: rejuvenates, soothes, nourishes skin
- Zinc Oxide Cream: protects and prevents hyperpigmentation
- Colloidal Silver (in gel or spray form depending on area): contains antibacterial and anti-inflammatory properties
- Aquaphor: helps treat dry, rough, itchy skin during healing process

Use each of these products once a day spaced out (order does not matter). The Zinc Oxide may be used as a protectant if you absolutely need to step into the sun (NOT RECOMMENDED) You may apply Aquaphor as many times as you feel needed through out the day if skin feels dry, itchy, or tight. Purchasing an additional 100% Hyaluronic Serum is encouraged and you can begin using this day 3 after treatment. Any brand is fine as long as it is 100%.



Pure Hyaluronic Acid Serum for Face (2 Oz) - Serum for Skin and Lips - Medical Quality Hydrating  
2 Fl Oz (Pack of 1)  
★★★★☆ 22,687  
Limited time deal  
\$9.59 (\$4.80/Fl Oz) \$11.99  
\$9.11 with Subscribe & Save discount  
Prime FREE Delivery Wed, Sep 10

We recommend no makeup during the healing process over the carbon crusts. If you must wear makeup, a new container of mineral makeup is best. Please come to your appointment with a bare face (sunscreen is fine).

**When you leave your appointment**, you must protect the treatment area from the sun. A big hat, glasses or umbrella can be used. No sunscreen can be used until the carbon crusts have fallen off.

**The day after your procedure**, cleanse the treated area. Splash face to dampen, create suds on your finger tips (clean hands) with the cleanser and dab the cleanser into the treated area, Do not rub back and forth over the treated area or use a cloth or sponge. Splash the area to rinse and gently dab the skin to dry, carefully, not removing any carbon crusts. Any unscented or gentle cleanser is recommended (Dove unscented soap, Cetaphil, CeraVe gentle cleanser etc...)

**Once the carbon crusts have fallen off**, A spf 50 sunscreen is extremely important at this time in the healing process. You must wear sunscreen if you are going to be outdoors. Apply every 2 hours. Be diligent with your sunscreen and protecting the treatment area. Use sunscreen for a minimum of 6 weeks post procedure and avoid tanning beds.

**And don't forget to schedule your complimentary Radio Frequency treatment for the area 8 weeks post procedure! (:**