



## Post Moxi™ Aftercare Instructions

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

### What to expect after treatment:

- The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
- Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.
- MENDS (microscopic epidermal necrotic debris) will appear on the 2<sup>nd</sup> or 3<sup>rd</sup> day after treatment as tiny dark spots and bronzed appearance to the treated skin.
- Swelling can occur and is typically expected immediately after treatment.

### What to do after treatment:

- Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.
- Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.
- **MENDS** are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time your skin will be VERY dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin.
- Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in a more upright position the first 2-3 nights after treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.
- **For the first 7 days following treatment:**
  - AM: wash with a mild cleanser and apply moisturizer, sunblock (and make-up if desired)
  - PM: wash with a mild cleanser and apply moisturizer
  - You may resume your normal skincare routine starting day 8
- **Until sensitivity has completely subsided, avoid all the following:**
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water
  - Swimming pools, hot tubs and Jacuzzis
  - Activities that cause excessive perspiration
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers, i.e., Extra Strength Tylenol or Advil, may be used.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+.

**If you have any additional questions or concerns, please call our office at (616) 888-3100.**

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**PEARL**

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