

3D SKIN REJUVENATION TREATMENT

AFTERCARE INSTRUCTIONS

You have just completed your 3D Skin Rejuvenation Treatment. Your cosmetic practitioner has advised you of appropriate aftercare instructions to follow. A written outline of those instructions is available here for your convenience. You are advised to follow these instructions to ensure the best result from your treatment.

IMMEDIATELY AFTER THE TREATMENT:

- There may be a sunburn-like redness that can last for 1-3 days – Apply cold compresses (e.g. gel pole available at clinic) at home if required.
- There may be swelling that can last 1-4 days - Apply cold compresses (e.g. gel pole) at home if required. Some clients experience more severe swelling but this will still resolve spontaneously.
- There may be bruising, which is more common after treatments for broken capillaries and this may last for 1-7 days. If it occurs, avoid medications such as aspirin or nurofen, which are blood- thinning agents and may exacerbate bruising, for 24 hours (if these medications have been advised by your GP please check with your GP before stopping them). Also avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours (if these supplements have been advised by your GP please check with your GP before stopping them)
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine e.g. Claratyne to alleviate this irritation, which should settle after 1-3 days.
- If you have suffered in the past with cold sores on the skin or lips, please advise your cosmetic practitioner prior to treatment as this viral infection may be re-activated by an IPL treatment. You can take L-lysine daily (available from the chemist or health store) for 2-3 days prior to and 1 week after your treatment if necessary but you may be advised to take Zovirax (an anti-viral medication) on the day of your treatment and for several days after your treatment (Zovirax is available for purchase from Rejuven8 Cosmetix). Please contact the clinic for advice if cold sores occur and to arrange for purchase of Zovirax to treat the cold sores quickly - **Ph: (07) 55933388**.
- You **MUST** avoid sun exposure and solarium treatments for at least 3 weeks after the IPL treatment because the area treated will be more prone to burning and increased pigmentation during this period. Apply a 30+ or 50+ sunblock frequently and daily for 1-2 weeks after treatment. If your treatment was for pigmentation & freckles or broken capillaries, these may return if you continue to expose your skin to sunlight.
- Very rarely, blistering may occur. If this occurs apply cold compresses and cooling gels (Aloe Vera or ASAP Soothing Gel) or specific topical treatments (eg Silvazine Cream – available for your chemist) and **DO NOT** apply ice. However, you **MUST** contact the clinic immediately for advice, preferable before applying any topical treatments.

OVER THE NEXT 1-3 DAYS AFTER THE TREATMENT:

- Pigmented spots and freckles may darken after the treatment and within 1-2 days a fine flaky covering may develop over them which may range in colour from brown to almost black (looks like pepper has been sprinkled over the skin). The presence of this darkening effect is less likely with repeat treatments and in normal/oily skin types. The presence or absence of this effect does not impact on the final result from this treatment. Any darkened areas and fine flaky skin will naturally shed over the next 7 days to reveal a fresh skin with more neutral skin colouring.
- You **MUST NOT** pick, scratch or use any exfoliant (gentle exfoliation may be allowed after 3-5 days only) as this may damage and graze the new skin allowing for the introduction of bacteria and resulting infection. Darkening and flaking of the skin is more delayed in areas situated further away from the heart as the reduced circulation reduces the body's ability to heal quickly in those areas and shedding of the skin may take 10-14 days.
- Treated broken capillaries may appear darker in the first 1-3 days after treatment and will gradually fade away over the next 4 weeks as the body reabsorbs them.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid or Retinoic Acid (eg Retin A) for 3-5 days. However, these treatments are beneficial anti – aging products and may be an advisable component of your skin care regimen. Your cosmetic practitioner will advise an appropriate skin care regimen to compliment your treatment and address your particular concerns. It is very advantageous to start a home needling regimen using a home rolling device in conjunction with any skin tightening treatment. These are available to purchase at the clinic so please ask your cosmetic practitioner about this treatment.
- It is important to maintain a good skincare routine with frequent hydration or moisturisation on a daily basis (approximately 4 x daily). Use a hydrating gel eg Skinstitut Rejuvenate 15, Soothing Gel and/or a moisturiser eg ASAP, Skinstitut or Environ moisturiser and/or sunscreen.
- Start to gently exfoliate the skin after 3-5 days to remove the flaky dead skin that commonly forms after IPL treatments.
- Lightening or darkening of the skin may occur in treated areas. This can result in 'striping' on the skin. Lighter stripes are more common in people with a slightly darker natural skin tone (this effect is resolved by further treatments and is often a necessary result from the first 1-3 treatments). Darker stripes are more common in people who fail to use 30+ sunblock and/or expose the treated skin to sunlight within the first week after the IPL treatment. If this occurs please contact the clinic for a follow-up consultation with your cosmetic practitioner.
- Remember that the Titan section of this treatment is a collagen stimulating and collagen tightening treatment. The stimulation of collagen after any treatment will start to happen 6-8 weeks after the treatment and will usually reach a peak 12 weeks after the treatment so these effects are delayed and it is important to be patient.

If any post treatment symptoms persist or become worse please contact the clinic for advice on Ph (07) 55 9333 88.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

Broken veins and redness

- Laser Genesis and/or IPL Limelight Colour Correction treatments
- Facial Vein Laser Treatments
- Ultra Calm Infusion
- Environ Colostrum Gel
- ASAP Soothing Gel
- Environ C Boost and/ or Antioxidant Gel
- ASAP Vit C Serum

Pigmentation, freckles & brown spots

- Dermapen Skin Needling and/or Home Rolling Kit
- Laser Genesis (especially for darker skin types) and/or IPL Limelight Colour Correction treatments
- Ultra De-Light Infusion
- Environ Radiant Infusion
- Environ Clarifying Lotion and CBoost and/or AVST/CQuence range and/or Colostrum Gel and/or Alpha Gel/Cream
- Skinstitut Even Blend Serum
- Formulated R8 Depigmenting Gels/Creams

To enhance the effects from the Titan section of the treatment

For Face:

- Botulinum Toxin A (BTXA) treatment
- Dermal Filler
- PRP treatment
- Hydrating Skin Boosters treatment
- Dermapen Skin Needling and/or Home Rolling Kit
- Laser Genesis
- Ultra Smooth Infusions
- Environ Radiant Infusion
- Environ AVST and/ or CQuence range and/ or Colostrum gel
- Environ Hydrating Oil Capsules

Please contact Rejuven8 Cosmetix for a complimentary consultation for further information about any of the above treatments or products.