

TITAN TREATMENT

AFTERCARE INSTRUCTIONS

You have just completed your Titan 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.

Your treatment involved the deep bulk heating of subcutaneous tissue and the following may occur:

- There may be a sunburn-like redness that can last for 12-24 hours. You **MUST NOT** apply any cold compresses or ice to the areas treated after the treatment. It is important to help maintain that heat and avoid artificially cooling the skin after the treatment. However, if there are any signs of 'hot spots' on the skin ie areas where too much heat has developed in one area (in extreme cases this may result in a minor burn or even a blister which is very rare), then cold compresses (**NOT** ice) should be placed over the area after the treatment.
- There may be swelling that can last up to 6 hours and this will settle spontaneously.
- Bruising may occur in very sensitive skins or those clients who are already prone to bruising. This risk is increased if you are taking blood thinning medications such as Nurofen or Aspirin or blood thinning supplements such as Fish Oils, Glucosamine or Multivitamins.
- There should not be any prolonged discomfort after the treatment but if necessary simple pain killers such as Paracetamol can be taken.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after a few hours. If you have suffered in the past with cold sores on the skin or lips, please advise your cosmetic practitioner **BEFORE** the treatment as this viral infection may be re-activated by the treatment. You can take L-lysine daily (available from the chemist or health store) for 2-3 days prior to and after your treatment if necessary. Please contact the clinic for advice if cold sores occur on **Ph: 55933388**
- You **MUST** avoid sun exposure and solarium treatments for at least 2 weeks after the treatment because the area treated will be more prone to burning and increased pigmentation during this period. Apply a 30+ sunblock frequently and daily for 1-2 weeks after treatment.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid or Retinoic Acid (eg Retin A) for 24 hours. 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.
- A series of treatments is recommended to achieve maximum results and your next treatment should be booked for 6+ weeks after this treatment.

If any symptoms persist or become worse please contact the clinic for advice on Ph 55 9333 88.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

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

For Body:

- Laser Genesis
- Trusculpt Fat & Cellulite Reduction treatment
- R8 Intense hand & Arm Infusion or neck & Décolletage infusion
- Body Infusion
- Medical Skin Needling and/ or Home Rolling Kit
- Environ AVST A, C & E Body Oil and/ or Environ Body Profile

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