



SWR Total Skin Solution Pre & Post Care

PRIOR TO YOUR APPOINTMENT YOU MUST HAVE TOPICAL ANESTHETIC AND HAVE STARTED VALACYCLOVIR 2 DAYS PRIOR TO YOUR APPOINTMENT (if treatment area is around your mouth). If you do not have these items, call the office immediately at 503-964-5334.

You should be 4 weeks without any sun exposure (either before or after treatment) including visiting a sunny locale. Even if you wear sunscreen daily, if you have been in the sun you will have unpredictable results and we will not treat you. We do not do any heat procedures during the warmer, sunnier weather.

PRE-TREATMENT INSTRUCTIONS

- For best results, hydrate with at least 8 glasses of water a day for 3 days prior to your radiofrequency microneedling treatment.
- Please notify the office ahead of time if you have a history of cold sores so that a prescription for Valacyclovir can be given.
- You must not have had Accutane in the last 3 months or a deep peel within the last 3 months.

POST-TREATMENT INSTRUCTIONS

- Post-operative stinging can be alleviated by the application of ice packs wrapped in sterile gauze or gauze soaked in cold water.
- Do not apply anything to the skin or touch the skin with your hands for 4 hours post treatment.
- Continue to hydrate by drinking at least 8 glasses of water a day for the next 7 days.
- The treated area should be gently washed at least twice daily with mild soap and water. Use a gentle cleanser and moisturizer (Epionce, Cerave, Cetaphil, Neutrogena, Obagi) should be used.
- Discontinue retinol or AHA/BHA creams for 1 week post treatment. You may resume normal skin care routine after a week.
- A crust may form over the treated lesion. Do not rub or forcefully remove the crust, allow crust to fall off naturally. If a crust is forcefully removed, scarring may occur.
- Once the crust has fallen off, immediately start to use sun block on the treated area.
- Sunblock with a minimum of SPF30 should be applied at least 1 hour before going outdoors.
- Sunblock should be reapplied after going into water and at intervals according to product instructions. Sunblock should be used in treatment area for at least 6 weeks.
- Use antimicrobial spray 24 hours after receiving. Use 3-5 times a day for 3-7 days. Notify the clinic if a breakout occurs. It is not common but possible.

EXPECTED SKIN REACTIONS AND RESULTS

- Avoid vigorous activity, excess heat, or sun exposure for at least one week.
- Best results are achieved with 2-4 treatments, with each treatment scheduled 4 to 6 weeks apart.
- 1 Day Post Treatment: Redness and transient edema, skin begins to turn darker. It may have a hived appearance.
- 2 Day patchy appearance. Swelling around the eyes. Rough texture.
- 1 ? 2-Weeks Post Treatment you may still have redness and sloughing. Around 1-2 weeks after expect brighter skin tone and significant reduction in sebum secretion in oily skin types.
- 1 Month Post Treatment: Improvement of fine wrinkles and skin laxity.
- 1-3 Months Post Treatment: Continuous improvement of fine wrinkles, pores size, scars and skin laxity.

Please call our office during normal business hours if you have ANY questions or concerns.

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me to have my treatment.