



## Nano - Fractional RF Post Treatment Advice

### **POST-PROCEDURAL CARE INSTRUCTIONS**

Following these instructions will maximize your aesthetic outcome. This will also provide you with a few of the post-procedural warning signs that may herald a complication. As you discovered from our informed consent and your discussion with your clinician, most potential complications tend to be minor and can be effectively managed if we are notified promptly.

In the rare instance that you are unable to contact the Est-Ethics Clinical Staff regarding a post-care concern, and you feel it is of an urgent nature, please proceed to the emergency room of your nearest hospital.

### **POST-PROCEDURAL CARE - DAY 1 TO 5**

The healing time for any given treatment varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

#### Swelling/Discomfort/Redness:

Significant swelling and redness of the treated areas and untreated parts may occur following your procedure and will be maximal at 24 - 48 hours. To minimize swelling, keep your head elevated. It is not uncommon for clients to experience under-eye swelling for the first 1 to 2 days, but this swelling will subside. There will be redness and slight heat emanating from the treated area for the first 24 hours. It is unusual to experience severe or excessive pain; you should notify us if this occurs. Tiny scabs will usually be formed 24 - 72 hours post-treatment and may remain for several days. The scabs should not be touched or scratched even if they itch and should be allowed to shed off naturally.

#### Activity:

Some mild discomfort may occasionally follow resurfacing treatment. You may return to regular activities immediately. It is advised that you avoid hot baths, saunas, Jacuzzis, and pools for the first two days following treatment, as the bacteria common to these sites can affect the skin post-resurfacing and cause an infection. Some minor heat emanating from the treated area is normal, but please do not apply ice or cooling compresses, as that heat is the body's natural healing response.

#### Make-Up:

After 24 hours, most resurfacing clients are ready for makeup to hide the pinkness of the skin. If applied, it is important that you remove all makeup from the skin at night. Do not sleep with make up on the treated area.

#### Avoiding the Sun:

Always use an SPF 30 or greater beginning 24 - 48 hours after the skin has fully healed. Sun exposure, tanning beds, and artificial sunless tanning lotions are not allowed in the treated areas during the course of the treatment and healing.

### **WARNING SIGNS**

The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact the clinic:

Infection may be present if you notice:

- Increased (rather than decreasing) facial swelling after the first 24 - 36 hours.
- Redness spreading beyond the area of resurfacing, that is warm and tender to touch.

Should you experience any unexpected side effects or any that concern you, please contact the clinic as soon as possible.

Please ensure you discuss your overall treatment programme with your clinician as this will enable you to receive the best results from treatment.

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