



La Jolla Cosmetic
Medical Spa
est. 2013

MOXI™ Post Care Instructions

PREPARING FOR YOUR TREATMENT

- Stay protected from any sun exposure for a minimum of 4 weeks prior to your treatment. Avoid tanning beds and any spray tan or bronzing products. Discontinue use of exfoliant and irritant products 5 days prior to treatment. For men, shave any hair in the treatment area the day prior.

CLEANSING

- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic until the skin has healed.

MOISTURIZER

- Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your doctor - eg. essential oils, coconut oil, etc.

SUNSCREEN

- Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

OPTIONAL MEDICATIONS

- For general post-treatment discomfort, an over-the-counter oral pain reliever such as Tylenol can be taken. If an anti-viral (cold sore prevention medication) was prescribed to you, continue to take as directed. Avoid scratching and itching, as this could cause complications. Itching can be relieved by oral antihistamines (allergy medicines) such as Zyrtec or Claritin.



| TIPS & TRICKS: | WARNING: |
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| <ul style="list-style-type: none"> • Use soft cloth and soft towels to avoid any scrubbing • Clean make-up can be worn 24 hours post procedure. • Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation • When showering, avoid getting shampoo directly on the treated area • Avoid strenuous exercise and sweating for a minimum of 72 hours post treatment. • When the skin has fully sloughed, normal skincare routine including exfoliants and hydroquinone can be resumed. | <p>There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:</p> <ul style="list-style-type: none"> - Drainage – looks like pus - Increased warmth at or around the treated area - Fever - Extreme itching |

What to Expect & What You Should Do:

Feeling of Warmth

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| What to Expect | The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. |
| What to Do | Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin. |

Redness (Erythema)

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| What to Expect | Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days. |
| What to Do | 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

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| What to Expect | MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin. |
| What to Do | 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. |



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| Possible Side Effects | |
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| Swelling (Edema) | |
| What to Expect | Swelling is common and expected immediately after treatment. |
| What to Do | Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 2-3 nights after the treatment. The first and second morning post treatment are when swelling is more prevalent, especially under the eyes. Swelling may last up to a week. |