

Neogen Post Care Instructions

What should my provider know about me?

Discuss your medical history with your provider. If you think you may have forgotten something or did not realize the importance of something at the time of consultation, then please discuss this before your treatment.

For example, inform your physician before treatment if you

- Have been using products to treat acne or facial wrinkles within 6 months of treatment.
- Have a known history of, or suspect you may develop keloid scarring.
- Have used exfoliates 7 days prior to treatment.
- Have allergies to any medications or are sensitive to any skin care products.
- Have any other concerns.

How should I prepare for treatment?

You should avoid the sun and tanning for 2 weeks before your treatment. One week before, drink plenty of water, hydrate your skin with a moisturizer and avoid exfoliation.

What will I need after my treatment? You will need:

- Antibacterial soap for hand washing.
- SPF 30+ zinc oxide or titanium dioxide sunblock
- Skin Medica Procedure 360 kit (This will be provided at your consultation appointment for Level 2-4 treatments & may be purchased for Level 1 treatments).
- White vinegar (unopened bottle) which will be diluted and used to reduce itching.
- A new and clean misting spray bottle to apply the vinegar/water solution
- An anti-pruritic medication such as Benadryl to prevent itching.
- Good quality mineral make-up (Jane Iredale) for use once peeling/flaking has finished.

What would be a reason to reschedule my treatment?

- You should reschedule if you develop a fever, cold or other illness prior to treatment.
- You should also reschedule if you have not followed pre treatment care instructions.

What should I do before coming to the office on the day of my treatment?

- Do not wear any make-up or use any other facial products such as moisturizer.
- Do not use mascara.
- Men should shave.
- Wear eyeglasses or bring a contact lens case with you.

What should I expect when I arrive for my treatment?

- You will have a few forms to fill out.
- Several photos will be taken.
- Your skin will be gently cleansed and a topical numbing cream will be applied.
- You will hear a snapping sound and your skin will feel warm.
- You may smell burning hair if you have a lot of peach fuzz on your face.
- Your hairline and eyebrows will be protected during the treatment.

What will happen after my treatment?

- Your treated skin may feel warm like a sunburn for several hours.
- Prior to leaving, a layer of growth factors and restorative ointment will be applied to your treated skin.
- Treated skin will be fragile. Treat it gently.
- Your skin will be pink, red, or brown. Do not pick at your skin during this process.
- Keep it moist with the ointment in your Skin Medica Procedure 360 Kit.

What will my skin look like?

- None of your skin will be removed during treatment, but depending on the type of treatment you have received, the outer layer of treated skin may eventually peel or flake.
- Your skin will appear pink, red, or brown in color and this is normal.

What should I do for the first 24 hours?

- Keep a thick layer of ointment on your skin at all times and reapply as needed to avoid the skin from drying out. This will help your skin to heal.
- Protect your skin from sun exposure.
- Always wash your hands thoroughly using antibacterial soap before touching treated areas or when applying a topical agent (for example, the ointment and growth factors).
- Apply a thicker layer of the restorative ointment at night time.
- Your treated skin must be covered with the restorative ointment continuously for the first 24 hours.

Day 2 to 5 – Before complete peeling or flaking

- After the first 24 hours the ointment may be removed by showering the upturned face in luke warm water. Use a mild cleanser (such the Skin Medica cleanser) 2-3 times per day. Apply the skin cleanser by dabbing or patting and then rinse gently.
- It is important that the old ointment is thoroughly but gently removed in order to help prevent infection.
- Following cleansing, you may want to use a vinegar solution to ease any discomfort such as itching (this very mild solution will not cause irritation):
- Mix a solution of 1 teaspoon of white vinegar to 1 cup of cold water and gently dab on the treated area using a clean washcloth or gauze to reduce irritation. The alternative to this is to spray the area (using a clean mister/spray bottle) with the diluted white vinegar solution.
- Following the vinegar solution treatment, the area should be rinsed with water.
- Once started it is recommended to use the vinegar soak every 2-4 hours while you are awake for about a week following treatment. This will depend on the energy used during the treatment. Discuss this with your physician.

- Apply new growth factor and ointment immediately after cleaning or application of the vinegar solution. Reapply the ointment if your skin feels tight or dry.
- Try to sleep on your back following treatment of the face. Using extra pillows will encourage sleeping on your back.
- Change the pillowcase daily until you have healed. Use clean sheets and night time wear when you have been treated on your body. "Terrycloth" or "fluffy" pillow covers or sheets are not recommended as these may absorb the petroleum jelly applied to the skin.
- Avoid unintentional touching of the treated areas such as rubbing your eyes.
- Continue applying ointment until your skin has flaked or peeled, usually 2 to 5 days after treatment.
- The skin may darken from pink or red to a "bronzed" like appearance 3 to 5 days after treatment. This is likely with high energy procedures. This will peel or flake off.
- It is important that the treated skin is left in place until it is ready to peel or flake. DO NOT PICK! Picking may result in an infection or scar.
- The treated skin will generally peel or flake within 2 to 5 days. The old skin will come off as you wash your face. It may be difficult to see flaking.
- As your skin peels or flakes there may be some areas that are lighter or darker. This should even out over time.

After peeling or flaking (3-7 days)

- Stop using the ointment when peeling or flaking is complete.
- After skin has peeled or flaked it is important to resume the use of a zinc oxide or titanium dioxide physical SPF 30+ sunblock to decrease the possibility of hyperpigmentation (darkening that is not like a tan) occurring as your healed skin is exposed to sunlight. You may wish to resume use of a high quality, mild moisturizer as well. These are in your Procedure 360 kit.
- New skin will have formed underneath the layer of treated skin that peels or flakes. Your new skin will be fragile and must be treated gently.
- It is normal for the skin to have lighter and darker areas in the first few weeks as it heals. These are most often temporary and fade quickly, though in rare circumstances this can take up to 6 months. It is very rare for any pigment changes to continue beyond this time. You should contact your provider if you have pigment changes that concern you.

Return to make-up or shaving and activities

It will generally be 2 to 10 days after treatment before you can apply make-up or shave. This will depend on if you had a low energy or high energy procedure. Ask your provider when you can return to your activities.

What should I NOT DO?

The first 24 hours

- Do not cleanse the treated area during the first 24 hours.
- Do not expose your treated skin to the sun.

Sun Exposure

- Sun exposure must be avoided for 3 - 4 weeks after treatment. Exposure to the sun may intensify a darkening of the skin (hyperpigmentation) that is not a sun tan. Minimise the

effects of sun exposure by using the recommended sunblock and wearing sun protective clothing, including a hat that will shade treated areas.

- Wear a wide brimmed hat, sunglasses and protective clothing (if your body has been treated) when outdoors.
- A window (house or car) will not protect you from sun exposure.

Exercise and Exposure

- During the first 2 weeks limit actions that would affect blood flow to the skin such as exercise or exposing your skin to hot (sauna) or cold (winter sports) temperatures as this may aggravate redness or swelling.

Before my skin has peeled or flaked

- Do not remove, try to remove, pick, rub, or squeeze areas of skin, whether using fingers or tweezers.
- Do not touch treated areas with anything that is not clean; wash your hands carefully before touching your treated skin.
- Do not allow your skin to dry out as this will increase the risk of problems such as increased pigmentation/darkening of the treated skin.
- Do not use anti-aging/exfoliating/harsh cleansers, medications or scrubs.
- Do not wear clothing that rubs and chafes when you have been treated on areas of the body other than your face.
- Do not use fabric conditioners when washing bed sheets, pillow cases or clothing that may touch your treated skin, as fabric conditioners can cause skin irritation.
- Do not allow pets to come into contact with treated areas or bedding. Do not allow pets to sleep in your bed until your skin has healed.
- Do not allow close contact with someone who has any form of contagious infection.
- Do not cover your pillow with a terrycloth towel or other abrasive fabric.

Following treatment, what should I look for?

Skin reactions- although rare, the following skin reactions may occur:

- You may have temporary swelling (sleeping on an additional pillow may help).
- Mild acne flare and/or milia (tiny white bumps) may occur. This should resolve on its own.
- Contact dermatitis is a localized skin irritation due to use of topical products or contact with substances that irritate your skin. Discuss with your physician for proper care.
- Petechiae are small red or red-blue spots that make up a rash. Although not common, it may appear during healing and continue for several weeks and should clear without treatment.

What are the possible complications?

- Contact your provider immediately if you think there is something wrong with the way your skin is reacting or healing. Continued pain, swelling or blisters may be a sign of infection that your provider should know about immediately. Untreated infections may lead to scars.
- Herpes activation - Infections that you already have but are dormant such as herpetic (Herpes) facial cold sores may become active following treatment. Prophylactic anti-viral medication will be prescribed prior to treatment if you have a previous history.

- Hyperpigmentation - Patches of skin become darker in color than the normal surrounding skin. Hypopigmentation - Patches of skin become lighter than the normal surrounding skin.
- Infection - Following the procedure, the treated skin may be more likely to become infected. It is important that instructions in the Guide and those given to you by your provider are followed. Your provider may prescribe medications prior to or after treatment.
- Scarring - As with other methods of skin treatment, there is a risk of both temporary and permanent scarring of the treatment areas. Although scarring is extremely rare with NeoGen, it is important to follow all post-treatment instructions carefully.
- Singed hair - If your hair, eyebrows or eyelashes are singed, they will grow back.

When should I contact my provider after treatment?

Call the office immediately if

- Your skin starts to peel or flake earlier than expected. Small areas may peel at day 1-2 but in general for higher energy treatments (such as PSR 2, PSR 3 or PSR 4) the skin will usually start to peel or flake 3 to 5 days after treatment.
- You experience cold sores.
- You get isolated patches of blisters, oozing, residual redness or areas slow to heal.
- You experience signs of infection (increased itching, pain, swelling, skin is warm to touch, pus or oozing).
- You have any post-treatment concerns including your response to skin care and medications.
- You are unsure of what to do as your skin heals.
- If you are not sure when you can start wearing make-up, start shaving, or return to your activities.

When do I need to follow up?

- Your provider should tell you when you are expected to be seen after your procedure. Attend all scheduled follow-up visits. Do not wear make-up to follow-up visits.