



RADIANT DUO PRE&POST CARE INSTRUCTIONS

Compliance with the recommended pre/post care instructions and follow-up visits are crucial for the success of your treatment and to prevent unwanted side effects or complications. It is your responsibility to inform your provider of any changes in medical history, medication, and most recent sun exposure or tanning before each treatment is performed.

Recommended pre and post skin care:

Plated Intense is recommended to start using 2 weeks before your treatment

- Use 2 weeks before treatment to reduce inflammation, inhibit melanocyte activity to mitigate post inflammatory hyperpigmentation, and boost collagen and elastin production.
- Calms post procedure skin and helps reduce recovery time
- Maximizes procedure results
- Continue to use throughout the treatment series for optimal results
- Helps preserve your procedure results

Revive's Pigment Inhibitor is recommended for some patients to reduce the risk of hyperpigmentation

- Apply a pea-sized amount to skin in the evening for 2 weeks prior (or as directed by your provider) to your treatment and continue to use throughout the treatment series.
- Please be aware that the use of hydroquinone can cause skin irritation in some people. If you experience any irritation or other adverse reactions, discontinue use and consult with your provider for alternative products.
- Stop using hydroquinone 3-7 days prior to your treatment. You may resume use of hydroquinone 7 days after treatment.

Physical sunscreen at least SPF 30

- Zinc Oxide and/or Titanium Dioxide-based sunscreen should be used daily and reapplied approximately every 2 hours as needed to protect the skin from sun exposure.

Pre-treatment

- Please come to your appointments WITHOUT any makeup or lotions on the skin. DO NOT wear makeup on the day of treatment.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHA, BHA, retinoids, hydroquinone) 3-7 days prior to treatment
- Avoid unprotected sun exposure, tanning, or self-tanning for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing Zinc Oxide and/or Titanium Dioxide for proper sun protection
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 2 weeks before and after treatment.
- If you are prone to cold sores, it is recommended to take an anti-viral medication for 5 days, beginning one day before treatment.

Post-treatment



- ☐ Patients may experience a burning sensation for 1-2 hours immediately after treatment.
- ☐ Swelling (mild to moderate) and redness are common after treatment.
- ☐ MENDs (microscopic epidermal necrotic debris) may appear beginning 2-3 days after treatment. Tiny dark spots with a rough sandpaper texture may be noticed. This is normal and part of the healing process. This micro-crusting will separate naturally in approximately 5-7 days.
- ☐ Any discomfort can be alleviated with over-the-counter medications such as Tylenol or ibuprofen
- ☐ After the first day, wash the treatment area with a gentle cleanser and pat the skin dry. **Do not scrub or exfoliate the treated area.**
- ☐ Keep the treatment area moisturized daily with a plain gentle moisturizer (e.g., Cetaphil or Cerave)
- ☐ Beginning the day after treatment, **apply mineral (zinc oxide and/or titanium dioxide) based sunblock with SPF 30 or higher.** It is recommended to reapply sunscreen every 2 hrs. or as needed. Wear a wide brimmed hat while spending time outdoors.
- ☐ Do not use prescription topicals or any active ingredients such as retinol, AHA or hydroquinone for at least 1 week after treatment.
- ☐ Be gentle with the treated area. Do not scratch or pick at your skin.
- ☐ Avoid direct sun exposure for 2 weeks after treatment.
- ☐ Avoid strenuous exercise until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g., alcohol consumption, exercise, and sauna).
- ☐ If using a pigment inhibitor resume 1 week after the treatment
- ☐ Please contact us with any questions or concerns

* Contact the office immediately for any signs of infection. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

What to expect & what you should do:

Feeling of warmth

What to expect	You may feel warmth to the treatment area(s), like a sunburn, for 1-2 hours after treatment. A slightly warm feeling can last 12-24 hrs. after treatment.
What to do	Cold compresses or mineral water sprays may provide comfort during this time. Avoid heat and sun exposure.

Redness (erythema) and swelling

What to expect	Redness after treatment is normal and expected. This can last for up to 7 days after treatment. Swelling is
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	common and can be mild to moderate. Swelling usually occurs within 24-48 hrs after treatment and can last 2-7 days.
What to do	Keep skin cool and hydrated with a gentle moisturizer. Avoid any heat and sun exposure during the healing process. An antihistamine (Zyrtec/Claritin) can be used to alleviate some swelling. Sleeping with a slightly elevated head also helps.

MENDs (microscopic epidermal necrotic debris) (with laser resurfacing only)

What to expect	MENDs may appear day 1-3 after treatment as tiny dark spots that are rough in texture and can last up to 7 days. This is a normal and expected part of the healing process, as the treated tissue is worked out to allow new skin to regenerate.
What to do	Your skin may feel dry, described as a “sandpaper” feeling. It is important to keep the skin well hydrated and use only gentle cleansers and moisturizers. This will naturally flake and peel off on its own. DO NOT pick at or exfoliate the skin during this process.

***Please note the extreme importance of strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**