



MOXI AFTERCARE INSTRUCTIONS

AFTERCARE INSTRUCTIONS

Cleansing

- Cleanse the skin twice a day with plain, lukewarm water and a gentle cleanser, beginning the morning after treatment.
- DO NOT rub, scrub, use an exfoliant or skin care brush (Clarisonic) on the treated area.

Moisturizer

- Cicalfate, and/or moisturizer approved by your provider, should be applied generously with clean hands over treated area and reapplied whenever skin feels dry. DO NOT apply any other products that were not instructed by your aesthetician (ex. essential oils, coconut oil, etc.)

Sunscreen

- Sunscreen is a **MUST** and should be applied daily beginning the day after treatment. Use a physical sunscreen with Broadband UVA and UVB protection and an SPF of at least 30. Ensure to reapply during sun exposure.

WATCH-OUTS

For general post-treatment discomfort, an over-the-counter oral pain reliever such as Ibuprofen for any discomfort and Benadryl for any swelling. If an anti-viral was prescribed, continue to take as directed. Avoid scratching and itching, as scarring and pigmentation complications can occur.

TIPS & TRICKS

- Use a soft cloth and soft towels to avoid any scrubbing.
- Make-up can typically be worn the next day.
- Avoid strenuous exercise and sweating until after skin has healed.
- Wear a wide-brimmed hat to protect skin from the sun.
- A small fan may be used to blow cool air on your skin immediately after until heat has subsided.



MOXI AFTERCARE INSTRUCTIONS

WHAT TO EXPECT & WHAT TO DO

Feeling of warmth

- What to expect: The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after treatment.

Redness (Erythema)

- What to expect: Everyone varies. Redness is normal and to be expected.
- What to do: Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin to heal.

MENDs (microscopic epidermal necrotic debris)

- What to expect: MENDs can 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 sloughing off. Keep your skin well moisturized to support the healing process. DO NOT pick at your skin.

PROVIDER NOTES

BBL AFTERCARE INSTRUCTIONS



AFTERCARE INSTRUCTIONS

Immediately After

- Intense warmth, redness, a sun burned sensation are normal responses following the treatment.
- Cold ice packs can be used to ease temporary discomfort.
- You may take Advil, Aleve or Tylenol for pain & swelling if needed.
- You may wear makeup directly after if desired

For one week post-BBL

- Wear broad-spectrum sunscreen containing zinc oxide or titanium dioxide daily.
- Avoid topical skin care products containing Retin-A, Retinol, Tretinoin, Glycolic, Lactic, Salicylic Acids.

WHAT TO AVOID

For 24 - 48 hours, avoid exercise, saunas, hot tubs, any strenuous activity that would cause sweating or heating internally in the body.

NO PROLONGED SUN EXPOSURE for 4 weeks post-treatment. Sun exposure can cause certain complications such as blistering, hyper/hypopigmentation. Hats, indoors and shade are our friends during this time.

FIRST TREATMENT SERIES VS. MAINTENANCE

First initial treatment is where you may see the most “peppering,” it does vary from person to person. Not all spots are created equally.

After following treatments, you may not see visible “peppering,” which is normal, but you will see lightening of pigment after 2-3 treatments. That’s why the standard recommendation is a series of 3 treatments three weeks apart to enjoy the best results. After that, maintenance of 1-4 treatments per year helps maintain a fresh and healthy appearance.

WHAT TO EXPECT POST-TREATMENT

Brown spots can appear darker after the treatment and can continue to darken over the next 24-48 hours. They may appear like coffee grounds or “peppering” over the next 1-2weeks. They will slough off leaving healthy new skin. Blonde or lighter pigmentation will probably not pepper and will gradually lighten over time.

DO NOT SCRUB/EXFOLIATE THE BROWN SPOTS - Let them come off on their own. Treatments on the body may take longer to slough off.

EXPECTED RESULTS

BBL results don’t quite show up right away, especially if you are treating dark spots. Dark spots take a few days to darken, then fade, leaving behind a more even skin tone. The timeline for this varies depending on the amount of hyperpigmentation in your skin and area of the body.

It’s true BBL can reverse signs of sun damage, but it’s not the full story when it comes to treating photoaging.

BBL not only targets the visible signs of aging (such as pigment and vascular issues), it also stimulates your skin cells to regenerate and restore your skin’s luminosity.

Call our office at 913-317-9386 with any questions or concerns.

MICRO LASER PEEL AFTERCARE



After your treatment you will feel very warm and your face may appear red, depending on the treatment level.

TODAY, POST-TREATMENT

It is okay to use a cool compress & fan for comfort. The feeling of "hot" usually lasts a few hours after the procedure and then fades away as time passes. Refrain from the use of a hot shower, hot tub, or saunas - no direct sun exposure. Apply a thin layer Elta Laser Balm as often as needed.

CLEANSING TODAY

Use a gentle cleanser Pat dry using a soft, damp washcloth
- do NOT rub or apply pressure.

AFTER CLEANSING

After cleansing, reapply the Elta Laser Balm and leave a shiny film on as you go to bed. It is best to stay elevated, keeping head above chest level, to avoid swelling. If necessary you may take a pain reliever and a Benadryl.

CONTINUED CARE

- Continue rinsing face using a gentle cleanser for 5-7 days post treatment.
- After each rinse, apply the Elta Laser Balm and cicifate if provided.
- After the first 48 hours you may use a mild, non-active skin care facial soap.
- Makeup & mineral SPF may be applied 72 hours after the treatment unless instructed otherwise.
- On days 2 and 3 you may notice your skin flaking, this may last several days depending on the depth of the treatment. Moisturize to your comfort. Avoid active products such as glycolic, lactic, salicylic acids and retinols for at least 7 days.

PROVIDER NOTES

SKINPEN AFTERCARE INSTRUCTIONS



WHAT TO EXPECT AFTER TREATMENT

Day 1

Treated area may appear puffy and pink to light red in color, similar to sunburn. Skin feels tight and dry. You can use ice packs, a fan or cold wash cloths to keep your skin cool until the heat dissipates (usually within several hours). Skin peeling is normal and to be expected.

- You can sleep with your head slightly elevated and take a Benadryl at night to help with any possible swelling.
- Bruising and dark purple-red patches in light skin may be apparent, especially those close to the eyes and in the thinned skin areas.

Day 2

Red hue persists on light skin, like a sunburn. Bruising, if any, starts to lighten. Swelling may be worse on the 2nd day. Skin feels tight and dry and some peeling is normal. You may use a gentle cleanser before bed.

Day 3

The skin appears pink; bruising is getting lighter. Swelling subsides.

Days 4-6

Minimal swelling, if any. Bruising should disappear. Flaking is to be expected.

AFTERCARE PRODUCTS 5 - 7 DAYS

- Rescue Calming Complex (blue) - given in SkinPen after care kit
- Gentle Cleanser
- Vitamin C Serum (start back on Vitamin C)
- Mineral Makeup
- Sunscreen SPF 30 (minimum)
- Your own moisturizer or continue with moisturizer provided by your aesthetician

WHAT TO AVOID

Alpha Hydroxy, Beta Hydroxy Acids, Retin-A (vitamin A), exfoliation, anything "active" in your skin care regimen for 5-7 days after treatment.

Sun exposure, swimming, exercising, sweating or strenuous activity for 24-hours post treatment.

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PRO FRACTIONAL LASER AFTERCARE INSTRUCTIONS

After your treatment you will feel very warm and your face will be red.
Possible pin point bleeding may occur depending on the treatment level.
You will likely see "grid marks" on your face - this is normal and will go away.

TODAY, AFTER TREATMENT

- It is okay to use a cool compress & fan for comfort. The feeling of "hot" lasts usually within a few hours after the procedure and then fades away as time passes.
- Keep a thin layer of the of Elta Laser Balm given by your aesthetician at all times during the next 3-5 days - nothing else should be applied to the skin without being directed to by your aesthetician.
- Refrain from the use of a hot shower, hot tub, or saunas - no direct sun exposure for 48-72 hours.
- No exercise for 24-48 hours post treatment.
- No exfoliating products such as Retinol/Retin-A, glycolic, salicylic, benzoyl peroxide, lactic acids or any kind of scrub for 5 days.
- You can cleanse tonight before bed with a gentle cleanser. Using your hands, splash face. Pat dry using a soft, damp washcloth *Do NOT rub or apply pressure.*
- After cleansing, reapply the Elta Laser Balm and leave a shiny film on as you go to bed. It is best to stay elevated, keeping head above chest level, to avoid swelling. If necessary you may take a pain reliever or Benadryl for the swelling.

CONTINUED CARE

- Continue using a gentle cleanser for 5-7 days after treatment.
- After each cleanse, apply the Elta Laser Balm, unless otherwise directed by your aesthetician. Keep balm on throughout the day.
- Makeup may be applied 72-hours after the treatment unless instructed otherwise.
- Avoid active products such as glycolic, lactic, salicylic acids and retinols for at least 7 days.
- Between days 5 and 7 you will be able to return to your regular skin care products.

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MICRONEEDLING/RF FRACTIONAL AFTERCARE INSTRUCTIONS



DAY OF (DAY 1) EXPECTATIONS/DIRECTIONS

Following the RF MICRONEEDLING/RF FRACTIONAL treatment, your skin will feel warm and be red. To help with the warm feeling, your Aesthetician will spray your face with Avene water following the treatment.

The heat should subside after 1-2 hours. For the first 1-2 hours, or until the heat subsides, you can use cold ice packs to help provide relief. Swelling varies from person to person. Some people may experience swelling the following day.

Please be sure that anything that comes in contact with the skin is clean (finger tips, cell phone; glasses etc.). Avoid exercise for at least 48 hours. You will not wash your face the first evening after the treatment.

DAY 2 EXPECTATIONS DAY 2 EXPECTATIONS

Expectations:

Today your skin might have some swelling, mild pink/redness and will start to feel tight and dry. You might also see "grid" marks on your skin, which is normal to see for about 5-7 days.

Directions:

You can wash your face today; using the mild cleanser that Monarch provided. Then you can apply Avene cicalfate cream as often as you would like for comfort. Follow these steps with a mineral SPF 30 or higher if you are exposing your skin to the sun. Mineral makeup may be wore only if necessary.

DAY 3-4 EXPECTATIONS

Expectations:

Your skin's overall texture may feel like sandpaper and be tight and dry. Dry flaky skin is common. Most redness should subside by this time.

Directions:

Continue use of the gentle cleanser, cicalfate and mineral spf. Mineral makeup may be wore at this time. Please do not try and exfoliate any dead skin of. This over time wil slough of on its own.

DAY 5-7 EXPECTATIONS

Expectations:

The rough texture will start to slough of more and more each day. Remember not to try and "help" remove the dead skin. The "grid" marks may still be noticeable, but each day will become less and less. By this time makeup conceals most of the treatment.

Call our office at 913-317-9386 with any questions or concerns.



HALO AFTERCARE INSTRUCTIONS

DAY OF (DAY 1)

Following the Halo treatment your skin will feel hot and you will be red. The heat will begin to subside after 2-3 hours. Try to let the heat dissipate on its own, if you can't tolerate it, you can use a fan and cold ice packs may also be used to provide relief from the heat.

After the heat dissipates you can apply Alastin Nectar (if purchased) and the Avene Cicalfate cream from your post procedure kit. You may apply Cicalfate as often as you need for your comfort. Do not wash your face today. Make sure if anything comes in contact with your skin that it is clean. You may take a Benadryl before bed to help with swelling, as well as sleeping elevated.

DAY 2-3 EXPECTATIONS & DIRECTIONS

Expectations:

Your skin may be slightly pink and start to bronze in color. Swelling is common by now, but varies person to person. Please contact your provider if swelling is severe. You will notice the overall texture is rough and feels like sandpaper. Dryness and flakiness will start to begin by now in most cases.

Directions:

You may wash your face with the Alastin gentle cleanser. Recommended to wash AM/PM. Continue use of your Alastin Nectar (if purchased), Alastin Ultra Nourishing Moisturizer and/or the Avene Cicalfate as often as you feel you need. It is important to keep your skin moisturized throughout your downtime. Mineral SPF and mineral make up may be used.

DAY 4-7 EXPECTATIONS

Expectations:

Your skin will still be pretty dry and flaky. It is important to remember not to try and "help" remove the dead skin and please do not pick. Most reds and swelling should be subsiding by now. Bronzed Skin is still common but will be starting to slough off on its own.

Directions:

Continue with your gentle cleanser AM/PM, Alastin Nectar AM/PM (if purchased), Alastin Ultra Nourishing Moisturizer and/or the Avene Cicalfate moisturizer, mineral SPF and mineral make up if needed.

THINGS TO AVOID

Avoid exercise for 48-72 hours post Halo, and/or until any swelling has subsided. Avoid exfoliants, glycolic, lactic, salicylic acids and retinol/Retin-As for at least 7days unless told otherwise by your provider.

Call our office at 913-317-9386 with any questions or concerns.



LASER HAIR REDUCTION AFTERCARE INSTRUCTIONS

TODAY, AFTER TREATMENT

You will feel a slight sunburned feeling on the area treated. It's possible to notice light swelling which usually passes after the first few hours following the treatment. Cool compression may be used as needed. You may shower as normal.

CONTINUED CARE

The treated area may remain red for a few weeks following treatment. Avoid sun exposure for the next 48 hours on the treated area. You may use a pain reliever if necessary.

IMPORTANT REMINDERS

- This treatment only works on dark hairs.
- Hair grows in cycles so you will notice a few “live” hairs mixed in with the dead hairs and this is normal.
- It will take at least 6 treatments. Maintenance is common and will most likely be needed.
- Treatments should be scheduled anywhere from 4-10 weeks apart depending on area.
- Do not tan (sun or spray) the area prior to this treatment.

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BIOREPEEL

AFTERCARE INSTRUCTIONS

WHAT IS BIOREPEEL?

The BioRePeel, no-peel TCA blend peel is safe to do all year & is gentle on all skin types. Minimal to no downtime. Creates an instant glow, tightness of the pores and plumping of the skin. Excellent for acne prone, congested skin. Dermaplaning & the HydraFacial pair well with this treatment.

THINGS TO AVOID BEFORE:

- Avoid Topical Retinoids and Tretinoin (7-14 days)
- Avoid topical acids, exfoliants and actives (7-14 days)
- Facial Waxing and Chemical Hair Removal Creams (7 days)
- Laser hair removal (4 to 6 weeks)
- Laser treatments (4 to 6 weeks)
- Botox and filler (7-10 days)

AFTERCARE:

- Use a gentle facial cleanser the same evening of treatment
- Botox and filler can be injected post peel
- Use mineral based makeup and products (24-72 hours)
- Avoid the gym (24 hours)
- Avoid chemical, physical or mechanical exfoliants (7 days)
- Avoid all AHA's, BHA's and Retinol (7 days)
- Avoid laser hair removal (4-6 weeks)
- Avoid waxing or threading (7 days)
- Avoid swimming and sauna (7 days)
- Avoid hot yoga (24-72 hours)

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