

## Post Care Reference Guide

### **DAY OF: POST-CARE FOR 3DMIRACL®/ SUPERFICIAL TREATMENTS**

Immediately post treatment – erythema and a sunburn like feeling is common. This can last up to a couple hours post treatment. To reduce the discomfort and remove the heat, saline soaks are recommended. **\*Saline Soaks:** Soak gauze in saline or sterile water and apply to the area that was treated. Keep the gauze on skin which will allow the skin to cool down for 5-10 minutes.

#### **Day 1 Post-Treatment:**

- Next day use a gentle cleanser and moisturizer: a simple moisturizer is recommended for heat, tightness, or itching (edema/erythema). Repeat as often as needed for comfort. Patients should sleep in a modified upright position along with a clean pillow case and linens the first night.

#### **Day 2-7 Post-Treatment:**

- Begin cleaning the treated areas with a gentle facial cleanser using nothing more abrasive than the fingertips. Do not scrub treated areas. Continue to apply moisturizer and SPF as instructed by your treatment provider. Patient should sleep in a modified upright position for the second or consecutive nights as needed.
- **\*Vinegar soaks** can be used for persistent discomfort: Mix 1 tsp of vinegar with 16 oz. of bottled or sterile water as often as needed for comfort. Remove moisturizer prior to vinegar soaks with cool moist cloth, post soak, reapply moisturizing lotion repeat as needed.
- If the patient is going to be outside and exposed to the sun, ensure a hat is worn along with daily SPF for full protection.

# RECOMMENDED DO NOT'S

## ***For 1-2 Days:***

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- **NO** sunscreen on day 1, apply only day 2 as instructed by provider.
- **NO** alcohol, spicy or hot foods till day 2.
- **NO** exercise, defer activity till redness or swelling subside on at least day 3.
- **NO** sun or any environmental exposures like wind, extreme cold, ocean water.
- **NO** product use other than those recommended by or given to you by your provider.
- **NO** cosmetics unless you have a "new" brush and products. Previously used cosmetics may harbor bacteria that can cause infection, otherwise you may apply cosmetics on day 2-3 if comfortable.
- **NO** ice, (especially frozen peas or vegetables packets) directly on the skin, especially if you are still numb from pre-treatment topical analgesic mixture (if applicable) immediately post-treatment. There is no way to assure what you procured from the grocery store freezer is "clean".
- **NO** ice/ice baths for 72 hours, cold water is fine. Ice before 72 hours can increase edema. This includes "small" ice packs, skin should be cooled evenly with a full mask or a moist cooled "hand towel" covering the full treatment area. Small ice packs in isolated areas may promote uneven healing and leave hot spots.
- **NO** cleansers or products with acids, PEG's, high alcohol content, botanicals, or a multiple ingredient menu. The more ingredients on the label the harder it will be to extrapolate what caused a reaction post treatment.
- **NO** direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

## **For 3–5 Days:**

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- **NO** RX or acid-based products until your practitioner has cleared you to use them. This could be anywhere from day 5 to 14 depending on the depth and degree of your treatment.
- **NO** picking, rubbing, scrubbing or exfoliating while skin is sloughing.
- **NO RX** medications (like retinols) or adjunct laser treatments until you are cleared by your treating provider. This could be up to 10–12 weeks.
- **NO** direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.

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