



Botox and Dermal Filler Treatment

Botox, Dysport

- First 24 hours- No vigorous exercise, laying directly on your face, excessive sweating, facials, massages, facial waxing, flying or chemical peels.
- Results are not immediate- full effects can take up to 14 days.
- It is not uncommon to need a "touch-up" treatment of additional units, especially if this is one of your first treatments. We kindly ask that all first-time patients make a follow-up appointment for 2 weeks post-treatment.

Dermal Filler

- Uneven swelling, bruising, redness, firmness, itching, and tenderness are common side effects and can last up to 2 weeks.
- No activity that increases heart rate and no cosmetic makeup application for 24 hours post-injection.
- First 3 days-No massages, facial waxing, microdermabrasion, chemical peel, or facial laser treatments.
- The results are immediate, but best results are noted after swelling/bruising has resolved. Additional treatments may be necessary for desired level of correction.
- Follow-up at one month is highly recommended to ensure your happiness with results.
- Please report ANY of the following, as it could be a sign that you need medical attention: SEVERE swelling and/or pain, a "lacy" appearance to the skin, any "whiteness" of the surrounding areas. When in doubt, please call our office. We are happy to ease any concerns you may have.

Sculptra/Hyper-Dilute Radiesse Treatment

Sculptra is an injectable filler that works by stimulating your body to create collagen over time. It is important that you follow these instructions carefully to avoid having too much collagen production in any given area.

Massage the area 5 times a day, for 5 minutes each time, for 5 days after treatment. You may have moderate swelling and redness with the possibility of bruising that may take up to 3 days to appear. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.

- Avoid strenuous exercise for 24 hours to reduce the risk of bruising.
- Avoid laser, IPL, skin tightening treatments of the area for a least 2-3 weeks.
- You may continue your topical products 3 days after injection.
- Avoid extended UV exposure until any redness/swelling has subsided.
- As discussed, Sculptra often take multiple treatments to appreciate full results. Your results will continue to improve for 6 months and beyond.

Microneedling

Microneedling uses a sterile-tip containing 12 tiny microneedles to create controlled micro-injuries to the skin. This initiates the skin's repair process to naturally produce collagen and elastin, ideal for smoothing fine lines, wrinkles, acne scars, traumatic scars, and stretch marks. Micro-channels created by the treatment allow for optimal absorption of topical products and Platelet-Rich Plasma (PRP) enhancing their effects in the deeper layers of the skin.

Immediately after the treatment, the skin will be red and flushed, similar to a mild to moderate sunburn, for 12 hours to 3 days. You may also experience mild swelling, tightness, bruising, and/or mild peeling. Side effects are temporary and typically resolve within 3 days. Total healing time depends on the depth of the treatment, skin type, and skin condition. If you have had a very aggressive treatment, you may take a little longer to heal.

Patients typically notice an immediate glow, but visible improvement will take about 2-4 weeks and can continue for up to 6 months.

A series of 4-6 treatments is ideal for optimal results. Some conditions, like deep wrinkles, advanced photo-aging, stretch marks, and acne scars may need 6-8 treatments.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following:
 - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Hot or cold water – wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling.
- Post-treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- Strictly avoid any sun exposure to the treated area for a minimum of 3 days after the procedure. The treated area is more prone to sunburn and pigmentation change.
- Subsequent treatments are based upon your clinician's recommendation and are typically 4-6 weeks apart.

If you have any additional questions, please feel free to contact our office at 973-233-1933.

PDO Threads

- Avoid picking and manipulating the suture at the procedure site. This can cause more bruising, infection, the perforation of the suture through the surface of the skin or the disjunction of the suture to the skin and muscle.
- Avoid direct heat such as laser treatment such as IPL or laser hair removal for at least a month.
- Avoid baths and use showers for one week following your procedure.
- Avoid excessive exercise/sport for one week following your procedure.
- For blood clot type bruises (hematomas) you may apply cold compresses gently to the area.
- Arnica or Vitamin K may be applied after procedure for 5-7 days for bruising and swelling if needed.
- There will be immediate visible results after treatment with suspensory threads, as well as the area feeling tighter. Over the first few days to weeks, the tight feeling will relax to some degree.
- Soreness almost always occurs after treatment. There may be a dull pain that typically goes away after a week or two. There will often be discomfort from chewing or any facial movement. Another kind of pain after PDO threads can be described as "twinges", "zingers", or "quick shocks", this is completely normal, and is caused by the threads stimulating a nerve ending. This kind of pain gradually resolves within several weeks after thread placement.
- Recovery is generally quick, with most patients returning to work the next day.
- Asymmetry or puckering of the skin may occur and typically resolves with time. If it does not resolve after a week, please contact us.
- You may take Tylenol for pain, especially at bedtime during the first few days.

When to call:

- If you experience increased redness, fever, or drainage from the thread site
- If a thread begins to poke through the skin

Facial PDO Lifting Procedures:

- Keep head elevated on several pillows for the first 3 nights after procedure.
- Avoid any direct pressure to the face and area where the sutures were placed for one week after the procedure (for example, sleeping face down, excessive

chewing, talking, yawning, smiling and other facial movements during the week after your procedure.

- You may wash your hair and face with very gentle upward and outward motions that lift the skin in the same directions as the sutures lift the skin.
- Patient can remove KT tape after 24 hours. When removing KT tape, patients must remove carefully and in a bottom to top pulling direction. You may moisten the area with a small amount of baby oil.
- Banding may appear, which is normal and is nothing to be concerned about. Applying warm water compresses and time will resolve any banding issues.

BBL Phototherapy

The natural extrinsic consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of BroadBand Light (BBL).

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The particles of the cells left behind will peel or slough off within 7-14 days.

If redness is the target, blood vessels in the deeper layers of the skin absorb the light and the heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants.

There is no recovery time and a low risk of complications with Phototherapy treatments. Sometimes multiple sessions are necessary to reach the desired result.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following:
 - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Hot or cold water – wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- While undergoing PhotoTherapy treatments, sun exposure should be avoided and a sunblock should be used on a daily basis.

Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart.

If you have any additional questions, please feel free to contact our office at 973-233-1933.

Moxi

- The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.
- Grid marks on the skin are normal and generally fade within a week.

- Skin may appear red and swollen and have mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment.
- Immediately after treatment, swelling is common and expected. Use of a cold compress or ice packs will help to relieve the swelling.
- The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment.
- You may choose to sleep in an upright position the first night after the treatment.
- Strictly avoid any sun exposure to the treated area for a minimum of 7-14 days after the procedure. Treated area is more prone to sunburn and pigmentation change. Keep the area and use sunblock with SPF 30+ and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol, or Advil may be used.
- Makeup can be applied immediately after the treatment as long as skin integrity has not been compromised.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight.
- Keep in mind, it will take a series of treatments to fully correct any skin condition, and additional treatments will be required in the future for maintenance.
- In the middle of a series of Phototherapy treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis. Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart.
- If you have any questions or concerns, or think your skin may be reacting negatively to the treatment, contact the office immediately.

CO2 Laser Resurfacing

Fractional Laser Resurfacing removes layers of skin tissue in a fractionated method, whereby columns of skin are removed, leaving the skin surrounding each column intact to aid in healing. This allows us to treat deep into the tissue layers without requiring excessive downtime. The process of using a laser stimulates the body to create collagen and elastin,

which will improve the appearance of the skin over the following months. It is used to help reduce fine lines, wrinkles, scarring, uneven coloration, freckles/age spots, skin laxity, textural irregularities, dull tone, and thinning of the skin of the face, neck, and chest. It is an in-office procedure that requires pre and post-treatment care to ensure proper healing. For your comfort during the treatment, we will apply a topical anesthetic. Typically, 2-3 laser treatments are recommended. Maintenance treatments may also be necessary to maintain results, especially if sun is not avoided or proper skin care used.

Prior to your procedure, call your physician if:

- You have a history of cold sores- we will give you a prescription for an anti-viral (to begin one week prior to procedure and continue for one week after procedure)
- You have active acne
- You have a sun tan- you must wait until the skin is no longer tan

Any time prior to procedure: we suggest you purchase the following items:

- White vinegar
- 2 bags of frozen peas or corn
- Clean, soft wash cloths
- Acetaminophen
- New makeup sponges or brushes

Two weeks prior to procedure:

- Begin your lightening regime (if prescribed)
- Discontinue agents that cause bruising or bleeding, including Vitamin E, Fish Oil, Garlic Supplements, Pepto-Bismol, Cholesterol Medications, Gingko Biloba, Primrose Oil, Alka-Seltzer
- Discontinue any over-the-counter medications that contain non-steroidal anti-inflammatories such as: Aspirin, Ibuprofen, Naproxen, Acetaminophen/Aspirin/Caffeine (Excedrin)

Note: Please consult with your physician prior to discontinuing any prescribed medication

One week prior to procedure:

- If you have a history of cold sores, you will begin a prescribed antiviral medication one week prior to the procedure and continue taking it for one week during your recovery.

Three days prior to procedure:

- No alcoholic beverages. Alcohol dilates blood vessels and leads to post-operative bruising and bleeding. Besides reducing the effectiveness of certain pain relievers, it can also increase the risk of side effects associated with those pain relievers. Research indicates that drinking can reduce efficiency of the immune system for a time. In short, alcohol increases the risks of complications and slows down recovery.
- Optional- Begin taking Bromelain

Day of Procedure:

- Wear loose fitting clothing- items that button or zip-up the front
- Arrive Clean Shaven
- No makeup, cosmetics, lotions, creams, perfumes, powders

- No hairspray: Hairspray is flammable
- No earrings or jewelry

Post Procedure Instructions:

- During your healing process, you need to be very careful to prevent infection. Wash your hands with antibacterial soap prior to applying any product to your face. Do not rub or pick at your face. Do not use any products other than the products supplied to you.
- Failure to precisely follow prescribed post-op care instructions can lead to complications and scarring.
- Burning Phase- immediately post-op and up to 5 hours after treatment, the treated area will have a slight burning sensation similar to a sunburn. You may apply bags of frozen peas or corn wrapped in a towel to our face in 15 minute intervals
Note: never put ice directly on the treated skin for more than a few minutes as this can cause frostbite
- Reapply Post-Laser ointment every 3-4 hours for 48 hours
- Pain- you can take acetaminophen for mild discomfort.
- Elevate your head using 2-3 pillows to reduce swelling when sleeping for the first night or two after treatment. Use an old pillowcase or towel on your pillow to not soil your linens.
- Bathe/Shower- You can shower or bathe at any point in time post-treatment, although it's better to wait until the next day. If a bath or shower is taken within the first 24 hours, avoid using hot water. Preferably take short, warm showers. (Cold showers may be soothing and help remove heat) If you take a shower, avoid running hot water directly on the treated area. After bathing, gently pat dry the treated area with a soft cloth. Never wipe hard with a towel. Wash your hair with baby shampoo (or other non-irritating shampoo) until completely healed.
- No hot tubs or swimming pools (with chemicals/chlorine) until redness is completely gone
- No strenuous exercise including bending, squatting, straining, or heavy lifting until all redness has completely resolved. Avoid activities that cause excessive perspiration. NO contact sports.
- Reduce facial expressions- if the skin around the mouth is tight, minimize facial expressions until healed
- No alcoholic beverages- patients should avoid alcohol for 48 hours post-op, or until redness is gone
- Recovery process- this will vary from patient to patient and on the level of treatment performed. On average, expect 5-14 days on the face, 7-16 days off the face (ie: neck, décolletage, hands, arms, etc.)

24 hours-4 days post-procedure:

Re-epithelization/crusting phase (24 hours-4 days post procedure) your skin will appear uneven, red, and/or mixed with brown, caramel colored. This is usually when you look the worst. Start vinegar soaks 24 hours after procedure until all crusting has peeled off and your skin has re-epithelized (when you skin is pink and intact)

- Oral Steroids- Take as prescribed
- Anti-Viral- Take as prescribed

- **Bromelain**- for swelling, begin 3 days before and 1 week after (unless allergic to pineapples, trees, latex)

Vinegar soaks regimen-

1. Thoroughly wash hands before touching the treated area, using antiseptic soap
2. Prepare a water/vinegar solution as follows:
Mix 1 teaspoon (5mL) of plain white vinegar with 1 cup of cool tap water.
Note: if solution stings or burns, dilute by using 1 teaspoon to 2 cups of water. This solution may be mixed ahead of time and kept in the refrigerator. Prepare a new solution before each treatment.
3. Take a clean wash cloth, gauze pad, or cotton swab, and soak it in the water/vinegar solution. Ring out any excess and then lay it over the treated area for 10-15 minutes. **DO NOT RUB.** Using the wash cloth, you may gently remove (don't pick) any loose crusting
4. When done soaking, gently pat the treated area dry with a clean, soft towel. You can't soak too much. Soaking will reduce redness and speed healing.
5. *Note:* You do not have to remove all moisturizer from your face during the soaking process
6. Reapply ointment generously
7. Repeat the procedure 3-4 times daily until all crusting is gone

4-7 days post-procedure

Exfoliation. Shedding Phase- If you feel comfortable, you can begin using a gentle moisturizer. If it stings, go back to using the post laser cream and try again in 24 hours. Apply every 3-4 hours and gradually decrease duration as the skin begins to heal. Continue with vinegar soaks. Do not pick skin or remove skin from face or you may cause *permanent scarring*.

Note: Some people may experience increased post-operative swelling, redness, and recovery times from those stated above, especially if your therapy was more aggressive.

Itching- some patients experience excess itchiness for 2-5 days. This is normally due to the release of histamines during the healing process, which is a good sign. However, it could also be a sign of dry skin due to inadequate use of moisturizers. Please notify us if you have excessive itching that is not relieved with Benadryl or moisturization.

Possible complications- Call the office immediately if you have any fever, chills or pain after treatment that is not relieved by pain medication. Also call if you have excessive redness, blistering, swelling, bleeding, or itching. Failure to diagnose and treat a potential infection may delay the healing and lead to scarring.

Final Healing Phase (7-14+ days)

Start long term skin care products that were provided. Avoid the sun, wear a hat, and use sunblock provided to you **DAILY**, even on cloudy days and when driving. Once re-epithelialization is complete (skin is not broken, crusting phase has subsided, treated areas are smooth red, and pink), soaks and ointments are discontinued. Makeup and sunblock can now be applied to any remaining pinkness on the skin.

Makeup- We recommend using water-based mineral makeup. Purchase new application sponges or brushes, as infections or acne eruption can be caused by accumulated bacteria. Young skin will be more susceptible to irritation from makeup; apply it cautiously and conservatively.

Sunblock- ALL SUNBLOCKS ARE NOT EQUAL. Do not use sunscreens, since they absorb UV light and release it as heat into the skin. Rather, use a "physical sunblock" containing zinc and/or titanium, which deflects (blocks) UV light. Avoiding sun is the most important thing you can do to prevent photo-aging. Use sunblock for at least two weeks (3-6 months is better) after treatment any time you go outside in the sun (Sun avoidance and use of sunblock should be a life-long endeavor). Avoid all direct sun exposure. Apply sunblock ½ hour prior to going outside for better protection. Sunblock must be reapplied every 2 hours to be fully effective and in the correct quantity. Also use physical blockers such as hats, scarves, and sunglasses when possible.

We require a follow-up appointment at 2 months after laser resurfacing. Please call us at 973-233-1933 to schedule your follow-up if you have not already had it scheduled.