



Patient Post-Treatment Instructions- 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.