



FIBROBLAST POST-TREATMENT

IMMEDIATELY FOLLOWING TREATMENT

1. You may experience a “stinging” sensation in the treated area(s) immediately after treatment. This is normal and it generally only lasts for a couple of hours.
2. If the treated area is swollen, DO apply ice packs covered with a clean cloth. If you experience itching take an antihistamine like Benadryl. Avoid taking anti-inflammatory medications like aspirin, ibuprofen or steroids, if possible, for 3 days.
3. If you are receiving a Fibroblast treatment on your face or neck, we recommend sleeping on your back with your head elevated to reduce swelling.
4. Do NOT cleanse the treated area until the 3rd day.
5. Do NOT exercise for 7 days after the treatment.
6. Do NOT get a massage for 7 days after the treatment.
7. Do NOT expose yourself to heat, steam or sweat as those are irritants.
8. Do NOT cover the treated area with any type of bandage or dressing.
9. Do NOT cover the treated area with any type of makeup, cream or sunblock until the area has fully healed. Any products such as these can irritate the skin and slow the healing process, possibly impeding the desired result.
10. It is highly unlikely you will get an infection from the Fibroblast treatment as there are no open wounds caused by the procedure. However, the first 12 hours post-treatment is vital in protecting yourself so avoid any activities where you could be exposed to contaminants.
11. Expect redness, swelling and inflammation the first few days.

AVOID SMOKING AND ALCOHOL

EAT HEALTHY!!!

THE FOLLOWING DAYS AFTER TREATMENT

1. It is normal for the treated area to be red or pink, swollen and feel tight, dry or itchy.
2. Weeping is normal. It will gradually stop.
3. Tiny crusts will quickly form on the treated area and may be visible 7 to 10 days.
4. Do NOT pick scabs as this will delay the healing process and could cause hyperpigmentation and scarring.
5. Do NOT rub, brush or attempt to exfoliate the area.
6. Do NOT stand with your face or treated area under a hot shower for the first 3 to 4 days. Try to avoid shower gels and hair products running onto your face. Rinse treated area with tepid water and gently pat dry after 3 days.
7. Avoid swimming pools, spas – anything with chlorinated water.
8. Do NOT shave treated areas until area is fully healed until healed 90 days.
9. Once the scabs have fallen off (approximately 7 to 10 days) you may begin your normal makeup and sunblock routine. Avoid using skincare products containing glycolic/ salicylic/ retinol/ AHA/ scrubs/ Calsonic or any other active exfoliating ingredients for at least 21 days. **ABSOLUTELY NO MAKEUP UNTIL SCABS FALL OFF.**
10. Do NOT sunbathe or use a tanning bed for 10 – 12 weeks post procedure.
11. Do NOT have any other skin treatments in the treated area.
12. Do NOT wax treated area for at least 21 days. If the treatment is around the eyes, tweezing or threading unwanted hairs should only be done after scabs have fallen off.