



POST CARE INSTRUCTIONS FOR MOXI FRACTIONAL LASER

Pre-Treatment Instructions

- The week before treatment: Avoid Retin-A, Retinoids and/or Vitamin A Compounds products one week prior to treatment
- One-to-two days before treatment: Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or possible skin infection in the treatment area
- Day of treatment: Apply numbing cream 60 minutes prior to your treatment and then reapply again 30 minutes prior to treatment

Post-Treatment Instructions

- **CLEANSING:** Start the next morning
 - The morning after your treatment, you may begin cleansing the skin two times a day with plain, lukewarm water and a gentle cleanser. Use your hands, soft washcloths/towel and gentle patting motions.
 - DO NOT rub, scrub, use an exfoliant or skin care brush the first 4 days post-treatment
 - When showering, avoid getting shampoo directly on the treated area
- **MOISTURIZER:** Apply early and often
 - Moisturizer should be applied generously with clean hands over the treated area and reapplied whenever your skin feels dry.
 - DO NOT apply any other products that were not instructed by your doctor - eg. essential oils, coconut oil, etc.
- **SUNSCREEN:** Sunscreen is a must!
 - Sunscreen should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure
 - Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of at least 30
 - Skincare tip! Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation
- **RESET & EXFOLIATE:** 5 days after treatment, use exfoliating scrub and/or scrub mask
 - Make-up can typically be worn once the peeling process is complete
 - Skincare tip! Schedule a dermaplane appointment one week after your MOXI treatment

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What to Expect:

- General post-treatment discomfort
 - For mild pain, over-the-counter medications (i.e., Extra Strength Tylenol) may be prescribed by your provider
 - Itching can be relieved by oral Benadryl, but can cause drowsiness.
 - Avoid scratching and itching, as scarring and pigmentation complications can occur.
- Swelling (Edema) is common and expected immediately after treatment.
 - Should you experience swelling, gently apply a cold compress to the treated skin.
 - Swelling may last 2-4 days and will be most prevalent in the mornings
- Warm Skin is common and expected for 1-2 hours after treatment and may continue for 24 hours
 - Gently apply cold compresses to the treatment area for relief
- Redness is normal, expected and represents healing, collagen stimulation and a beneficial response
 - Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the intensity treatment.
- MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment
 - MENDs are part of the healing process where 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 peeling off
 - Keep your skin well moisturized to support the healing process
 - **Do NOT pick or peel skin**
- **If you experience excessive swelling or any of the following signs of infection, contact our office immediately**
 - Drainage that resembles yellow pus
 - Increased warmth at or around the treated area
 - Fever
 - Extreme itching
 - **If our office is closed, call the after-hours emergency number provided at your appointment**