

## **TOTALFX Pre-Treatment Checklist**

### **1 week prior to procedure**

- Stop taking any Aspirin, Motrin, Ibuprofen, or Advil as this can cause more bleeding and bruising. Tylenol is okay to use.
- Fill your prescriptions

### **2 days prior to procedure**

- Begin taking Valtrex 500 mg 2 x a day with food and will continue for 4 days post treatment for a total of 6 days.
- This is to prevent cold sores even if you do not have a history of cold sores.

### **1 day prior to procedure**

- Eat some fresh pineapple (This helps decrease bruising and excess inflammation)

### **1 hour prior to procedure**

- If you have decided to take Valium prior to the procedure, you can take 5 mg once you get to the office for numbing
- If you have an allergy to these, please let us know
- You will need a driver if you take these.

### **Day of Procedure**

- Eat a meal!
- Shower and wash your face with an antibacterial soap and wash your hair
- Wear an old button down shirt
  - NO make-up or lotions (lipstick, blush, mascara, powder, etc)
  - NO hair products (hairspray, gel, etc)
  - NO jewelry or perfume
  - For Men: MUST shave areas to be treated the morning of procedure

### **Post Procedure**

- Avoid any aggressive exercise program for 3-7 days.
- A flare-up of acne or formations of milia (tiny white bumps on the skin) may occur within 1-3 weeks post-treatment. These symptoms are not unusual and can be easily resolved.
- Sun protection is extremely important pre and post treatment.
- We encourage a quality skincare regimen to maintain your results and to help prevent future damage. A skin care consult is recommended 1 week post treatment.

**If you take Valium or pain medicine, you must have a driver for pick-up. They are welcome to come and watch the procedure. (Please provide us with a contact number for your driver)**

## **TOTALFX Post-Treatment Checklist**

### **During the procedure**

- Your eyes will be covered with protective shields or goggles during the treatment.
- Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary during the procedure and localized within the treatment area

### **Immediately after procedure**

- The areas we treated will feel hot like a sunburn and can last for the first 2-6 hours.
- Cold compresses with frozen washcloths will be applied to help alleviate this discomfort.
- We will provide you with a thermal spring water that you can spray as much as you want for comfort and healing
- Direct the air-conditioning at the treated area to increase cooling once you get in your car.
- We will apply creams to promote healing before you leave the office. Depending on the area we are treating and your skin type, this may be sent home with you as well.

### **First 2-4 hours and day of treatment**

- Go Home and Rest!
- You can now take Ibuprofen or Aspirin if necessary.
- Continue to apply cold compresses, but avoid direct application of ice to the skin
- Once the intense heat subsides (usually 2-3 hours), apply the following creams:
  - Cicalfate or Biafine to aid in wound healing
  - Alastin Nectar to promote healing if this is included with your post care.
  - Once the heat subsides, you can apply the Elta laser balm ointment or Alastin Recovery Balm as a “light glossing” over the treated skin.
- You can wash your face with one of the following cleansers:
  - Alastin Cleanser
  - Avene Cleanser
  - SkinMedica Sensitive Skin Cleanser
  - Cetaphil Cleanser
- Sleep with your head elevated on pillows to minimize swelling the first few days. You may want to place a towel over your pillow to protect it from the ointment

### **Day 1 (First day after treatment)**

- You may shower today, but avoid hot water and avoid fragrance products
- WASH AND APPLY:
  - Gently wash face with tepid water and your approved gentle cleanser
    - Alastin Cleanser
    - Avene Cleanser
    - SkinMedica Sensitive Skin Cleanser

- Cetaphil Cleanser
    - Apply Cicalfate or Biafine
    - Apply Alastin Nectar if applicable
    - Apply the Elta laser balm ointment or Alastin Recovery Balm
- Note: You may be told not to use a greasy balm after treatment, in which case you may be directed towards Avene Tolerance cream
- REPEAT THIS 3 TIMES A DAY

### **Day 2**

- Expect skin to feel like sandpaper, and be flaky. You may also start to get swollen and a bit red as if wind burned. Possible itching may begin this day. OTC Hydrocortisone 1% may help with the itching
- You may notice pepper like flakes where pigment has been treated
- Oral Benadryl, Claritin or Zyrtec can also help with the itching
- Continue to wash with approved cleanser
- Apply Cicalfate or Biafine
- Alastin Nectar if recommended
- Elta laser balm or Alastin Recovery Balm

### **Day 3**

- The central part of the face will start to exfoliate leaving behind soft pink skin
- Continue to wash and apply creams and ointments 3 times per day
- Start using an approved sunscreen with either Zinc Oxide or Titanium Dioxide when going outside. Do not use an over the counter sunscreen since these have chemical components that can cause reactions to your healing skin
  - Alastin Sunscreen
  - Avene Mineral sunscreen
  - Elta 41 sunscreen
  - SkinMedica Essential Defense

### **Day 4-7**

- Itching should have subsided
- Continue to wash and apply creams and ointments 3 times per day
- You can start using one of the following creams instead of or alternating with the Elta laser balm or Alastin Recovery Balm as a moisturizer if the ointments are too greasy.
  - Avene Tolerance Cream
  - Alastin Ultra Nourishing Cream
  - Cetaphil Cream

### **Days 7+**

- Avoid excess sun exposure for up to 4 weeks. Wear a hat or protective clothing
- You can wear a mineral make-up.

## **The Big No-No's**

- **DO NOT SMOKE!**
- **DO NOT PICK OR SCRATCH!!!** Allow your skin to gently exfoliate with the gentle washing.
- **Do not over-expose your skin to the sun at least 2 weeks prior to the procedure. Tanning is not advised at least 4-6 weeks prior to treatment. We reserve the right to cancel treatment if you are too tan.**
- **Avoid direct sunlight and wear a hat for first 2 weeks to prevent hyperpigmentation of the treated skin**
- **Do not consume alcohol the day of the procedure as this will increase inflammation and discomfort**
- **No Lifting, straining or strenuous exercise for 2-3 days post treatment**
- **Avoid any harsh products or topical exfoliation (Retin-A, Peels) for 4 weeks. The surface of your skin is brand new and needs to normalize before you use any of these products. Think of it like "baby skin"**
- **Do Not Panic- the first 2-3 days can be a little disconcerting, but the redness will subside and your skin will look younger and fresher**

**Please call us with any concerns (513) 984-4800**

**Dr. Mona's personal number: (513) 885-0555**

## **Patient Shopping List**

The following will be given to you the day of treatment:

- **Wound healing agent:**
  - Cicalfate or Biafine
- **Gentle Cleanser:**
  - Avene Cleanser
  - Alastin Cleanser
  - SkinMedica Sensitive Skin Cleanser
- **Occlusive ointment:**
  - Alastin Recovery Balm
  - Elta Laser balm
- **Non-Occlusive moisturizer:**
  - Alastin Ultra Nourishing cream
  - Avene Tolerance Cream
- **Sunblock:**
  - Avene Sunscreen
  - Alastin Sunscreen
  - Avene Mineral sunscreen
  - Elta 41 sunscreen
  - SkinMedica Essential Defense
- **Cool compresses:** Towels

Things you may need to purchase:

- **Mineral Make-up:** Glo Minerals, We have a medical mineral make-up that our esthetician will discuss with you 1 week after treatment
- **Hat to protect areas from sun exposure**
- **Fragrance free detergents, and no fabric softener**
- **Pineapple**
- **Medications**
  - Valtrex
  - Zithromax or Doxycycline
  - Valium or Percocet if requested