

Pre and Post **Profound** Treatment Care

Before your treatment

- Avoid use of non-steroidal anti-inflammatory drugs (NSAIDs like aspirin, motrin, advil, ibuprofen, or any other non-tylenol, non-acetaminophen product) for two weeks prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition.
- Hydrate: for seven days prior, moisturize your skin in the morning & evening. Drink at least 8 glasses of water per day.
- If you have a history of fever blisters, take antiviral medication starting 1 day prior and follow directions on your prescription.
- Stop all topical acids (like glycolic, alpha or beta hydroxyl acids), retinols, retin-A, or other like products 4 days prior to treatment.
- Avoid tanning beds or prolonged exposure to the sun 4 days prior to treatment. Always use a zinc oxide sunscreen with SPF 30+.
- Remove all substances from the intended treatment area, including topical numbing cream, tanning products, ointments, lotions, perfumes, bath/shower oils, deodorants, etc. Do not use flammable products in the vicinity of anticipated treatment.

Following your treatment

- Expected downtime: 5-7 days

The expected healing sequence and expected treatment side effects include redness, swelling, bruising, light discomfort, and possibly small bumps and pinpoint bleeding.

Cover your pillowcase daily for 5 days with a clean towel each day to avoid soiling linens or contaminating yourself.

- Wash treated area 3-4 times daily. To clean use mild cleansers or soaps without perfumes, acids, and avoid washcloths and harsh cleansers until all transient healing processes have resolved naturally.
- Apply a thin coat of antibiotic or healing ointment (like Aquaphor®) to the treated area as per standard medical procedure. Keep the treated area moist AT ALL TIMES FOR 1 WEEK, to avoid scab formation.
- To minimize the post-procedural inflammation, apply ice packs on the treatment zone for about 45 minutes (15 minutes on 15 minutes off) for 24 hours.
- Sleep with slight elevation of your head on 2-3 pillows. avoid sleeping with pets for 48 hours
- Avoid excessive sun exposure on the treatment area and use a sun screen (SPF 30+) for one month following the procedure.
- Contact the office (410-449-2060) if you have any concerns about how your skin is responding to treatment or is healing.

If you are healing well, you may resume using mineral makeup 48 hours later. Do not resume the use of topical acids, retinols, retin A, etc. for 7 days. Re-Treatment

Clinical testing suggests that wrinkle improvement can continue to develop for 3 to 6 months following treatment. Clinical literature suggests that the dermal remodeling process following non-ablative RF treatments can continue for 6 to 12 months.

Retreatment with the Profound system is not recommended prior to 6 months following the initial treatment.