



Pre & Post TIXEL Care



**Before your treatment:**

* Do not plan your treatment if you have an important event within 2 weeks.
* Avoid sun exposure for 24 hours prior to your procedure. If you have been over exposed to the sun (sunburn) the days preceding your appointment, please call our office to reschedule your appointment.
* Avoid spray or self-tanners for 1 week prior to your procedure.
* Avoid all other skin treatments and procedures 2 weeks prior to your treatment.
* If using Accutane, a 6 month waiting period after discontinuation of medications is required as isotretinoin use may impair healing and increase the risk of scar formation.
* Avoid anti-histamine and anti-inflammatory drugs one week prior to treatment. These negate the effects of the procedure.
* If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, famcyclovir, Valtrex, valacyclovir, acyclovir) as written in the 48 hours prior to your treatment. If you are in need of a prescription, please contact the office.

Apply every hour(s) for the 6 hours following your treatment. Your ﬁrst application should be at . Do not use any products on your skin except what you were given by Rejuvenations. This means no moisturizers, makeup, or sunscreen. (This highlighted information will be filled out by your technician at your treatment.)

# For 24 to 48 hours:

Ø No exercise for 48 Hours.

Ø No makeup for 24 Hours.

Ø Avoid the sun.

Ø No alcohol or smoking for 48 hours.

Ø Avoid hot baths and showers

Ø Increase your fluid intake, drink plenty of water.

Ø Avoid things that reduce inﬂammation, like ibuprofen, antihistamines, and ice.

Ø Sleep with your head elevated to reduce swelling.

# Day 7:

* + You may resume use of retinols, Vitamin C, Salicylic Acid and Glycolic Acid.

# Do not exfoliate until after your skin has healed!

**You may expect:**

* A sensation of heat, like a strong sunburn may last for several hours on the day of treatment.
* Redness, swelling and treatment marks may last for 3 to 10 days depending on the level of treatment. Skin texture may feel like “sandpaper” for a few days up to a week.
* Sloughing of skin with washing on days 3 to 5.

Contact our ofﬁce (803.781.1201) if you have excessive pain, oozing, crusting, blistering, or reappearance of swelling after the initial swelling has resolved. Rejuvenations Medical Spa can be reached at 803-781-1201 during regular business hours if there are any questions or concerns. After hours, please call 803-781-1201 and when voice prompted, select option 2 to leave a voicemail for Amy Powers Estes, the Managing Owner. She will be notified and will contact you upon receipt.