



MEDICAL AESTHETICS

— BY DONNA —

FACE AND BODY REJUVENATION

Sylfirm X Post Procedure Instructions

- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected.
- If any discomfort or irritation persists more than 24-hours, please notify us.
- Avoid strenuous exercise for 24 hours.
- Drink plenty of fluids to stay hydrated.
- Avoid scratching or peeling skin.
- Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally to avoid scarring or infection.
- During the first two (2) days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, irritating skin care products or exfoliants, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- It is important to keep your skin moisturized after the treatment.
- You may have mild swelling and/or redness for 1-3 days after your treatment. You may apply an icepack (NOT direct ice) to the irritated area for 1-2 days in approximately 15- minute sessions 3-4 times per day.
- Makeup can be applied 12 hours after treatment.
- Avoid prolonged sun exposure or use of a tanning bed for at least two weeks after the treatment, as the skin will be more sensitive to the sun after your treatment.
- Use a minimum of SPF 30 daily with Zinc and Titanium Dioxide.
- Multiple treatments over a period of several months may be required to achieve the desired response. You will notice immediate improvement as well as longer term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.
- Call or text with any signs of infection, questions or concerns.

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