Subnovii Pre and Post Care Instructions

Our Subnovii treatments utilize the most advanced plasma technology available today and is the first device that used LF+ technology: a low frequency + patented wavelength/power combination. This exclusive energy output allows for more precise applications, as well as reduced healing times. The Subnovii is used for skin tightening, blemish removal and overall improvements in tone and texture. Before your treatment, please review the following instructions to ensure safety and optimal results, keeping in mind that full results won't be seen for 8-12 weeks after treatment.

Pre-Treatment

- Avoid prolonged sun exposure, tanning beds, and any artificial tanning agents (lotions, sprays, etc.) for 4-6 weeks prior to your treatment. Be diligent about wearing sunscreen daily.
- You may be asked to start a pre-treatment product using a Tyrosinase Inhibitor such as Hydroquinone or a combination of Retin-A with Hydroquinone to prep your skin before the treatment. If so, please discontinue any use of topical Retin-A products a minimum of 10 days prior to treatment, and Retinol products a minimum of 3 days prior to treatment.
- We frequently will pre-treat areas such as the upper lip and crow's feet with a neurotoxin to minimize muscle activity post treatment. This is done at minimum, 14 days prior to treatment for an improved long-term result.

Post-Treatment

- Days 1-3
    - You may experience a "stinging" sensation in the treated area(s) immediately after treatment. This is normal and it generally only lasts for up to three hours. Expect redness, heat, swelling and inflammation for the first 1 to 5 days post-treatment. This is normal but will usually be of a very minor nature.
    - The treated area must be kept **clean**, **dry**, and **free from any form of occlusive dressing.**
    - Twelve hours after your treatment you may begin cleansing twice a day with a gentle and unscented cleanser. Use room temperature water and your fingers. Avoid using washcloths or any other washing devices. You are only removing excess oil and do not

need to thoroughly cleanse the treated skin. **DO NOT** be tempted to rub or exfoliate the area in any way to aid in the removal of the crusts. Pat dry with a clean towel.

- Apply only the approved post treatment cream, using a very thin layer and a patting motion to apply. Apply 3-4 times a day to keep the skin adequately moisturized.
- Acetaminophen may be taken for any discomfort you may experience. Do not take Aspirin, Ibuprofen, or any other anti-inflammatory medications for 1 week following your treatment.
- It is normal to experience swelling after your treatment. We recommend that you **DO NOT** apply cold packs or ice during the swelling period. Icing will diminish the outcome and inhibit the inflammation process that we want to naturally happen. Applying cold ice packs could interfere with the mechanism of action performed by the device and the skin's natural healing process to achieve the desired result. You may take Arnica tabs to help reduce swelling.
- **DO NOT** exercise 72 hours after treatment or expose yourself to any heat, steam or sweat because this can intensify the inflammation that's already present.
- **DO NOT** stand with your face under a hot shower for the first 3-4 days. This could increase swelling. Try to avoid shower gels or hair products running on to your face as this could cause irritation and inflammation.

Days 3-7 Following Your Treatment

- It is normal for the treated area to be red/pink, swollen, tight and dry. Occasional weeping is normal and will settle.
- Tiny crusts will quickly form on the treated area. These may be visible for up to about a week. **DO NOT** pick crusts off as this will delay the healing process and could cause hyperpigmentation and scarring. If the area becomes wet, do not rub, and allow scabs to dry without disturbing the area.
- As long as the scabs are present, avoid the following:
    - Sun exposure
    - Sweating, saunas, and steam rooms.
    - Makeup/sunscreen
    - Swimming/chlorinated water
- Once the scabs have fallen off, you may resume and **MUST** wear sunblock and a hat/protective clothing while your skin is in the healing stages (pink in color) and you should continue to do so for at least 12 weeks to avoid hyperpigmentation. Wear sunscreen whether you're inside or outside.
- Avoid extreme sun exposure for 3 months and UV rays and extreme low temperatures for 2 weeks.
- AVOID shaving the treated area until it is fully healed (around 7 days).
- If you have had treatment around your eyes, you should AVOID wearing contact lenses for 72 hours after your treatment.
- Once the scabs have fallen off you may resume your normal makeup routine (we recommend mineral based). Your regular skincare regimen may also be resumed, aside from the following products which you may resume after 21 days:
    - glycolic/salicylic acids
    - Retinol

    - AHA/ BHA
    - scrubs/Clarisonic or any other active exfoliating ingredients/devices
- Your skin may appear pink. This is normal and will resolve over time (up to 6 months).
- DO NOT wax the treatment area for at least 21 days.
- We recommend you follow the following to aid in healing and to decrease risk of hyperpigmentation:
    - Take a high dose of Vitamin C 2,000 to 4,000 mg per day.
    - Take a collagen supplement.
    - Be sure to hydrate with 2 Liters of water per day.
- Follow-up treatments may only be performed 12 - 16 weeks after the previous treatment as the collagen fibers are still contracting and the skin is very sensitive.

If you have any questions/concerns regarding the healing process, please call AND text the office at 480-336-9034

Date *

MM/DD/YYYY

Signature *