



## Moxi Post Care Instructions

These instructions are intended to guide you through the treatment process and get you on your way to gorgeous!

**DO NOT PUT ANYTHING ON YOUR SKIN FOR 24 HOURS!!!**

### **After Your Treatment:**

**CLEANSING:** AFTER 24 HOURS Cleanse the skin two times a day with lukewarm water and a gentle cleanser using your hands and gentle patting motions. **DO NOT** rub, scrub, use an exfoliant or skin care brush on the treated area.

**MOISTURIZER:** Moisturizer should be applied generously with clean hands over the treated area and reapplied whenever your skin feels dry. **DO NOT** apply any other products unless specifically instructed to by your provider - eg. essential oils, coconut oil, etc. Place a jar of Vaseline in the fridge to apply after 24 hours. This will help with the dryness and tightness.

**SUNSCREEN:** Sunscreen is a **MUST** and should be used daily beginning 24 hours after the treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30 or higher. Remember to reapply throughout the day.

**MEDICATIONS:** For general, post-treatment discomfort, an over-the counter oral pain reliever, i.e. Extra Strength Tylenol might be prescribed by your doctor. If an anti-viral was prescribed, continue to take it as directed. Avoid scratching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.

### **TIPS & TRICKS:**

- Use soft towels & avoid any scrubbing
- Make-up can be worn when the peeling process is complete
- Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, and pigmentation issues
- When showering, avoid getting shampoo directly on the treated area
- Avoid strenuous exercise and sweating until after skin has healed

### **WARNING:**

**If you experience any of the following signs of infection, contact the office immediately.**

- **Drainage**
- **Increased warmth at or around the treated area**
- **Fever**
- **Extreme itching**
- **Excessive swelling (some degree of swelling is expected)**

## **Expected Side Effects and What You Should Do:**

### FEELING OF WARMTH:

The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. 24 HOURS AFTER TREATMENT use cold compresses and/ or a mineral water spray.

### REDNESS (Erythema):

Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days. AFTER 24 HOURS, use gentle cleansers and keep your skin moisturized and out of the sun.

### MENDs (Microscopic Epidermal Necrotic Debris):

MENDs, bronzing and tiny dark spots, will appear on the 2nd or 3rd day after treatment. MENDs are part of the healing process. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. AFTER 24 HOURS, keep your skin well moisturized to support the healing process. Do not pick at your skin.

### SWELLING (Edema):

Swelling is common and expected immediately after treatment. AFTER 24 HOURS you can use cold compresses to help reduce swelling. You can also sleep in an elevated or upright position to help avoid further swelling. Swelling typically lasts 2-4 days and is most prevalent the day after the treatment. You can take antihistamines to help reduce swelling and help alleviate any burning sensation.