



MOLLE AESTHETICS

MOXI Laser Post Care Instructions

- Two weeks before and after your MOXI, **AVOID THE FOLLOWING:**
 - Electrolysis
 - Waxing
 - Depilatory creams
 - Laser hair removal
 - Any exfoliating products
 - Facial treatments of any kind (microdermabrasion, chemical peels)
 - AVOID micro-needling 4 weeks before and for 4 weeks after your MOXI.
 - Any products that may be drying or irritating, **including** products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications.
 - Shaving of the area to be treated
- Patient response can vary after a Laser Resurfacing with MOXI treatment. MOXI's precise strength has been determined based on your concerns and the condition of your skin. Erythema (redness) and possibly edema (swelling) are potential responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will vary with the depth of your procedure. Your provider has customized your treatment for your skin condition, so some areas may have more sensitivity.
- Redness normally persists for 1-12 days depending upon the level of the treatment.
- Swelling is typically a short-term response. Place a clean, wet washcloth into a ziplock bag and refridgerate; periodically, apply this cold compress to treatment area to help relieve swelling and/or provide comfort if the treated area is feeling especially warm.
- If an antiviral, such as Valtrex, was prescribed to you, continue to take as directed.
- Beginning 1 hour after treatment, wash hands and apply/reapply a thick, non-irritating skin moisturizer generously every 3-4 hours as needed.
- Beginning the morning after the treatment, cleanse the skin twice a day with lukewarm water and a gentle Facial Cleanser (wash hands with antibacterial soap first). Use your hands to gently apply the cleanser and water and finish patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply your gentle moisturizer and a broad spectrum SPF.
- Peeling and flaking generally may begin within 24 hours post treatment and should be allowed to come off naturally. Small bronze circular dots (TENS) will appear on day 3-4. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND INFECTION!**
- Avoid direct sunlight for up to 2 months post treatment.
- Make up can be applied 24 hours after laser session. Light exercise can be resumed after 24 hours.
- Avoid saunas and sweating until after skin has healed.
- Warning:
 - There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include: Drainage--looks like pus, increased warmth at or around the treated area, or a fever of 101.5 degrees or higher.
- This treatment is not recommended for pregnant women.



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Microneedling Pre & Post Care

Pre-Care

- Avoid Vitamin E, fish oils, and Ginkgo Biloba for one week prior to treatment.
- Avoid ASA (Abbreviation on a medication that indicates it contains acetylsalicylic acid (Aspirin) 2 weeks before treatment. (Please consult with your physician first if you are on ASA therapy).
- Avoid anti-histamine and inflammatory drugs once week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.
- Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
- Stop topical retinoids (tretinoin and retinoic acid (Retin-A, Renova, Refissa)) one week prior to treatment.
- If using Accutane, a 3-month waiting period after discontinuation of medication is required.
- Please notify our office if you have ever been diagnosed with Herpes Simplex Virus (HSV)- You may require prophylactic therapy.

What to expect after your treatment:

- Immediate pinpoint bleeding may occur, which will resolve within 10 minutes.
- Minor redness and swelling will occur for 1-2 days.
- Minor peeling and flakiness will occur after a few days. Don't pick at the loose skin.
- Call our office if you experience excessive redness, swelling, pain or drainage as they might indicate an infection.

Post-Care

- The initial 72 hours post-procedure are the most critical.
- Avoid direct sun and heat. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace, etc.
- Discontinue use of any Alpha-Hydroxy products. You may resume your homecare regimen when skin is no longer flaking and peeling.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, Vitamin A, C, and E, and growth factors work very well.
- Use physical sunscreen. Sun care products should be applied no less than every 30-90 minutes. DO NOT go outside without sun protection (even on a cloudy day).
- No scratching or peeling.
- Limit exercise the first week.
- Drink plenty of water.

- Not recommended for pregnant women.



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PRP Post-Treatment Instructions

Please carefully read and follow these Instructions after your PRP treatment.

There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately

- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment
- AVOID Aspirin, Motrin, Ibuprofen, Alev e (all non-steroidal and steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days - 1 week prior to and after your treatment. Remember, we are creating inflammation.
- If you experience discomfort or pain you may take Tylenol or other Acetaminophen products
- You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer if you can refrain from this.
- Do not wash or take a shower for at least 6 hours after your treatment
- Do not use any lotions, creams, or make-up for at least 6 hours after your treatment
- AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment AVOID:
- Alcohol, caffeine, and cigarettes for 3 days before and after your treatment
- Smokers do not heal well and problems recur earlier and results may take longer.
- Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. (Fiji water is recommended due to its high content of Silica)Continue water intake the first week after.
- It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure.
- Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare.
- Not recommended for pregnant women.



MOLLE AESTHETICS

BBL Broadband Light Post Care

The natural extrinsic consequences of aging on skin include sun damage, freckles, age spots, and redness caused by broken capillaries and rosacea. Some skin defect consequences may arise from intrinsic hormonal factors that create an over production of melanin as in melasma or hereditary factors that produce more vessels. Phototherapy involves the reduction of these signs of aging and skin defects using non-invasive pulses of BroadBand Light (BBL).

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The particles of the cells left behind will peel or slough off within 7-14 days.

If redness is the target, blood vessels in the deeper layers of the skin absorb the light and the heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants.

There is no recovery time and a low risk of complications with Phototherapy treatments. Multiple sessions are performed every 2-4 weeks until the desired result has been achieved.

The area must be treated with care post treatment. BE GENTLE! Do not scratch or pick at your skin. A cold compress may be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.

- Until sensitivity has completely subsided, **AVOID ALL** of the following for 14 days:
 - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges, motorized cleansing devices such as a Clarisonic, and aggressive scrubbing.
 - Hot or cold water- wash with tepid water
 - Shaving
 - Swimming pools and spas, avoid saunas.
 - Activities that cause excessive perspiration
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying a cold compress for the first 24 hours will help minimize swelling.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and contact our office immediately. Keep the affected area moist and avoid direct sunlight.
- If an antiviral, such as Valtrex, has been prescribed to you, continue to take as directed.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- If in the middle of a series of BBL treatments, sun exposure should be avoided between treatments and a sunblock SPF 50+ should be used on a daily basis..