

Tixel

Do's & Don'ts

* the following instructions will help decrease risk of complication and optimize results

- Avoid spray tans starting 4 weeks prior to treatment up until 4 weeks after your last treatment
- Avoid smoking
- Avoid taking Ibuprofen, antihistamines, Prednisone and using ice (taking Tylenol is okay)
- Avoid taking hot baths/showers, using the sauna and strenuous exercise for 48 hours post treatment
- Avoid swimming (and any other environmental chemical exposure) for 48 hours post treatment
- Sleep on your back, with head elevated for 24-48 hours post treatment to help decrease any swelling
- Avoid all sun/UV exposure (if outdoors for short periods of time apply sunscreen and consider wearing sunhats or visors)

FYI

- Skin that feels like sandpaper, scabs, treatment dots, mild swelling, red/pinkish skin color, and prolonged redness after a scratch on the skin are all normal signs of healing post Tixel. Using Vanicream ointment or plain Vaseline on these certain areas and continuing a gentle daily moisturizer can help increase healing
- Swelling may get worse on day 2 but will gradually improve by day 5. For swelling severe enough to interfere with day to day functioning notify your provider
- Burning pain (feeling like a mild to moderate sunburn) could last up to 48 hours

post care

INSTRUCTIONS

Day 1	Day 2	Day 3	Day 4-7
<ul style="list-style-type: none">- Apply "post care serum" every hour for six hours after Tixel treatment- Sleep on back with head slightly elevated to help decrease swelling	<ul style="list-style-type: none">- Cleanse skin with a gentle cleanser, then apply a gentle moisturizer (non-comedogenic or anti-aging)- You may wear make-up and sunscreen today- Swelling may be increased, continue to sleep with head elevated	<ul style="list-style-type: none">- Continue gentle cleansing and moisturizing. If any treated areas look thick and scabby use Vanicream or Vaseline- Redness and swelling should start to decrease (usually gone after 5-7 days)- Treatment dots or micro-pores may begin to slough off on day 3-7. Use white vinegar and water soaks on a cotton pad to help exfoliate off (1 tbsp vinegar : 1 cup water)	<ul style="list-style-type: none">- Continue gentle cleansing and moisturizing- You may resume your normal skincare regimen if treatment dots are no longer/barely visible and skin has healed- You may resume use of retinols, Vitamin C, and glycolic acids <u>on Day 7</u>

** For any other questions please contact *Alex* by text @ 214.603.7574