Secret™ PRO

RECOMMENDED PRE & POST CARE FOR SECRET PRO CO2 AND/OR RF MICRONEEDLING TREATMENTS

For best results please follow these instructions

BEFORE YOUR TREATMENT:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment
    - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants (examples below) 7 days before treatment
    - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores will require an anti-viral prescription prior to treatment

AFTER YOUR TREATMENT:

- Do not wash your face for at least 6-8 hours post treatment
- Wait at least 24 hours before applying makeup or products/moisturizers to the treatment area
- Wash and pat dry gently twice daily until any crusting naturally exfoliates/sloughs off
- Apply a mild/non-fragrant moisturizing cream to the treatment area twice a day for 2 weeks or until the area is fully healed (starting 24 hours after treatment)
- A visible fine scab or crusting can develop 3-5 days after your C02 treatment- Do not remove it forcibly or scratch it
- You may feel redness, dryness, swelling, and some discomfort for 2 to 3 days.
- Sleeping with head elevated may reduce swelling. Ibuprofen may be used if needed.
- Avoid sun exposure and apply a broad spectrum sunscreen every 3 to 4 hours for a minimum of 2 weeks to a month after your procedure to help prevent UV-induced pigmentation
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid vigorous exercise for 2-3 days after RF microneedling and 1-2 weeks for more aggressive C02 treatments
- Avoid skin irritants (examples below) 7 days after treatment
    - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Bruising, redness, swelling or a grid pattern may occur and will resolve with time
    - More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
- Keep your skin cool with a cold gel pack or spraying cold water during the healing process
- Stay hydrated and drink plenty of water
- Multiple treatments may be required
- Notify clinic of any concerns (blistering, excessive redness/swelling, persistent grid pattern, cold sores, etc.)

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