



## SCITON MOXI & HALO INSTRUCTIONS

### Day of Treatment:

- We provide an Avene SOS post procedure kit which includes gentle cleanser, water spray and Cicalfate cream.
- You may choose to upgrade your post procedure kit by purchasing Alastin Regenerating Skin Nectar and/or Revision CMT cream. Both products are designed to help your skin to heal more quickly and work very well together.
- For 2 hours post procedure, you may ONLY use the Avene Water Spray, Revision CMT and fan for comfort.
- It is strongly recommended to ice (15 -20 minutes every 2-3 hours; wrap ice pack in clean paper towel each time) for comfort today and for the next few days.
- Your face will feel hot for several hours after treatment. Once heat minimizes, apply Alastin Nectar. Once absorbed, apply CMT cream or Cicalfate cream as needed for comfort and hydration.
- It is recommended to avoid alcohol and salty foods to decrease swelling. You may want to sleep with your head elevated and take an antihistamine (Benadryl) to minimize swelling.
- If you have a darker skin type or melasma you will be given a small jar of steroid cream. Apply this before you apply Alastin Nectar, Revision CMT cream or Cicalfate.

### Post Procedure Days 1-7 or until fully healed:

- It is normal to experience swelling the first several days, this usually resolves within four days.
- AM/PM: Cleanse skin using the gentle cleanser in your kit. Please use clean hands and lukewarm water. Spray Avene water, apply Alastin Nectar, then apply Revision CMT cream or Cicalfate. Darker skin types/melasma will apply steroid before applying Nectar, CMT and Cicalfate. Reapply Cicalfate throughout the day if your skin feels dry.
- Starting on the 2<sup>nd</sup> day, begin wearing sunscreen. Reapply every two hours if near windows or outside. This decreases your chances of hyperpigmentation (darkening of spots and skin), persistent redness, or delayed wound healing.
- It is normal to experience darkening of the skin surface, this is called MENDs, as well as to experience a sandpaper-like texture or “bronzing” effect to the skin.
- Avoid all exercise or environments that will cause sweat as this can increase risk of infection.
- The MENDs will begin flaking off around day 4. Please do NOT pick or scrub the skin. Let the MENDs flake off on their own.
- Light exercise may be resumed on day 3. Avoid heavy sweating/hot yoga/sauna/swimming/etc. until the skin returns to normal.

### Important Notes:

- Alastin Nectar is to be used AM and PM for four weeks after treatment (applying first after cleansing). It is recommended to transition to the Alastin Restorative Skin Complex to best maintain your results.
- Revision CMT cream is to be used AM and PM for 7 days after treatment.
- Makeup can be resumed when the skin is fully healed and returns to normal.
- It is normal for your face to feel itchy while healing. It is important not to scratch your face. Take non-drowsy antihistamines (Zyrtec, Claritin, Allegra) during the day and Benadryl at night until symptoms resolve. Please contact the office if this persists after trying OTC medications.
- You CANNOT be in the direct sunlight for two weeks after treatment. It is best to avoid excessive sun exposure for one month following procedure.
- Mild to moderate swelling is EXPECTED. If you experience side effects such as severe swelling or pain that worsens after day three, contact the office. If you know you are prone to significant swelling, let your provider know so we can take appropriate measures.
- Once your skin feels fully healed (around 7 days post procedure) resume your normal skincare routine keeping in mind you may need to reduce the frequency of active skincare (Vitamin C, retinols/tretinoin and AHA/BHA) until skin normalizes.
- *It is normal to have baby pink skin for several weeks after treatment. If your skin remains overly red or sensitive after two weeks, contact the office.*
- If you develop any pustules, crusting, open sores, or blisters, apply Vaseline to affected areas and contact the office immediately.
- **If you were prescribed Skin Brightening Cream to prep, you will resume using it 2-3 nights per week for 4 weeks once your skin feels healed (usually after 10 days). If you prepped with Alastin A-luminate or Glytone Tranexamide Discoloration Defense, you can resume 7 days post procedure.**
- Please contact the office at 720-851-5200 ext. 2 with any questions, problems, or concerns.