



PRE AND POST TREATMENT INSTRUCTIONS

VIVACE

PRE-TREATMENT

- ❖ When booking your Vivace treatment, please keep in mind the possibility of redness, swelling, flaking, and peeling after the treatment. These normal side effects usually begin to appear immediately after treatment and can take 2-3 days to resolve.
- ❖ Avoid direct sun on the treatment area for 1 week before and after your Vivace treatment. The treatment cannot be performed on sunburned skin.
- ❖ Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- ❖ Best results are achieved when the skin is well hydrated at the time of treatment. For this reason, it is strongly advised that you prepare your skin for treatment using the skin care products listed below for 14 days prior to treatment:
 - iS Clinical Hydra-Cool Serum (AM and PM)
 - Essential Defense Broad Spectrum Sunscreen
- ❖ To minimize the likelihood of bruising, discontinue the use of blood thinning medications and supplements as follows: Fish Oil, CoQ10, Vitamin E, Turmeric, Aspirin, and St John's Wort for 2 weeks before and 1 week after treatment; NSAIDS (Advil, Ibuprofen, Motrin, Aleve, etc) for 3 days before and 1 week after treatment; and avoid drinking alcohol the night before and the day of your treatment.
- ❖ Only with the approval of your physician, autoimmune therapies should be temporarily discontinued 24 hours before and after treatment to ensure proper healing and to minimize the chance of infection. Do not discontinue medications without consulting with your physician first.
- ❖ If your face will be treated and you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment. The Vivace treatment cannot be performed on your face if you have an active cold sore.
- ❖ It is important that you are in good health at the time of your treatment to ensure your body has a healthy healing response after the treatment. Healthy healing is important for your safety (i.e. to minimize infection) and to ensure good results.
- ❖ It is important to wait at least 4 weeks after a Vivace treatment and until any redness, swelling and/or peeling have completely resolved before getting other treatments on the same area. When getting a Vivace treatment *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the Vivace treatment.
- ❖ Anticipate 3-6 months after your final Vivace treatment to see complete results. Additional treatments are often required to achieve desired results.

TREATMENT DAY

- ❖ Please come to your appointment with clean skin – remove all makeup, creams and lotions.
- ❖ Please dress so that you may comfortably and modestly expose the treatment area, when applicable (i.e. chest).

CONTINUED ON BACK

POST TREATMENT

- ❖ Please keep the treated area clean and avoid makeup for the rest of the day following treatment. Tinted sunblock may safely be used starting the day after treatment. Clean makeup (using clean makeup tools) may be applied the next day unless the skin is peeling or any open skin/scabs are present.
- ❖ If antiviral medication was prescribed for you, please make sure to continue to take as directed.
- ❖ Acetaminophen/Tylenol may be taken if needed to relieve any discomfort. NSAIDs and anti-inflammatories, including but not limited to Motrin, Advil, Ibuprofen, Aleve, Fish Oil, CoQ10, and Turmeric, should not be used and should be avoided for 1-week post treatment to ensure optimal healing/results. Consult with your physician prior to discontinuing any medication.
- ❖ Do not apply ice or any type of cooling to the area post treatment.
- ❖ The products below should be used following your treatment:
 - SkinMedical Facial Cleanser
 - SkinMedica Restorative Ointment
 - SkinMedica Post Procedure Repair Complex
 - SkinMedica TNS Ceramide Treatment Cream
 - SkinMedica Essential Defense Broad Spectrum Sunscreen
 - Suggested Add-On: Skinmedica TNS Advance +
- ❖ Avoid using exfoliants, retinols, alpha or beta hydroxy acids, or topical Vitamin C products for at least a week after the treatment. Do not use any mechanical cleaning devices (i.e. Clarisonic), facial scrubs or washcloths on the treated area - only wash the area with your hands – for at least a week.
- ❖ Avoid direct sun exposure and wear a large-brimmed hat and minimum 50 SPF for at least 2 weeks post treatment. This is important to ensure proper healing and to minimize chances of scarring.
- ❖ No sweaty exercise or exposing the treated skin to hot water, steam, pools, the ocean, hot tubs or saunas for 48 hours post treatment.
- ❖ Blotchiness, redness, peeling and flaking may occur after treatment and will typically resolve in 2-3 days for the face. Neck and chest may take up to 2 weeks. Allow the skin to flake off naturally and do not rub, pick, or peel the skin off as it heals. This may result in scarring and infection.
- ❖ Please schedule your follow-up appointment 90 days after your final Vivace treatment to assess results and determine whether additional treatments are needed.

If you have any questions or concerns, please do not hesitate to contact our office at
727.518.7100

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