



## MOXI™ Pre and Post Care Instructions

### Pre-Treatment Instructions:

- 21 days before treatment: If you are prone to hyperpigmentation, your provider may prescribe a topical skin bleaching cream to use a minimum of three weeks prior to your treatment.
- 3 days before treatment: Stop all topicals, with the exception of a plain moisturizer, gentle cleanser and sunscreen. You must avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, “Groots”, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging” or acne products. Also avoid waxing, tweezing, or the use of hair removal cream on the area to be treated, and excessive sun or heat lamp exposure.
- Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters) to receive advice on antiviral therapy prior to treatment.
- Do not have a MOXI treatment if you are pregnant.
- Avoid having dermal fillers injected 1 month prior to procedure. Wait a minimum of 2 weeks after the procedure to have dermal fillers injected.
- Bring a hat and sunglasses to the procedure as you may be sensitive to the sun and heat when you leave the office.
- Try to arrive to the office with a “clean face”. Please **do not wear makeup**, if possible.

### Immediately Following Treatment:

- Following treatment, you can begin using an occlusive barrier, i.e. Avene® Cicalfate+ Restorative Protective Cream, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin as it heals. With clean hands, gently apply the occlusive barrier as needed for comfort. **Do not allow the treated area to dry out.** In addition to the occlusive barrier cream, you may also use Avene® Thermal Spring Water, spraying onto the skin to calm and cool it.
- The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. Cold compresses and/or mineral water spray might provide some relief and much needed moisture to the skin.
- Swelling can occur and is typically expected immediately after treatment. Use of a cold compress will help to relieve the swelling.
- To avoid further swelling, you may choose to sleep in a more upright position the first 2-3 nights after the treatment.
- The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.
- Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.
- Keep your skin well moisturized to support the healing process. **DO NOT PICK AT YOUR SKIN.**
- If an antiviral was prescribed for you, continue to take as directed.
- While not commonly needed, post treatment discomfort may be relieved by oral pain relievers; i.e. Extra Strength Tylenol or Ibuprofen.
- When showering, be sure to wash your hair behind you to avoid getting shampoo directly on the treated area.
- Avoid strenuous exercise, sweating, swimming, hot tub, and sauna use for at least 24 hours; use gentle patting to wipe sweat off.
- If applicable, makeup can be worn 24 hours after your treatment.
- Wear a wide-brimmed hat or protective clothing for 1 month after treatment.
- Avoid pets and small children having contact with treated skin throughout the healing process.
- During the healing phase, be sure to disinfect your cell phone or landline phone with alcohol wipes before use. Try to avoid your treated skin’s contact with the phone by choosing a hands-free option.

*Please see reverse side of page*

## The Next Morning Following Treatment

- Avoid cleansing devices/brushes, glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams until recommended.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; i.e. Avene® Tolerance Extremely Gentle Cleanser, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face, reapply the occlusive barrier, i.e. Avene® Cicalfate+ Restorative Protective Cream, taking care to cover all treated areas. The occlusive barrier is needed to provide a protective barrier that will hold moisture into the skin and provide protection to the skin as it heals. Typically, the occlusive barrier is needed up to 10 days post treatment. Reapply the occlusive barrier as needed for comfort. **Do not allow the treated area to dry out.**
- Apply a sunscreen daily with an SPF of 30 or higher and Avene® Cicalfate+ Restorative Protective Cream as recommended by your Cosmetic Provider to protect, soothe, and hydrate the skin.
- Avoid extreme sun exposure. If direct sun exposure is necessary, apply sunscreen 20 minutes prior and reapply every 2 hours. Wear a hat and clothing that covers the treated area.
- Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure.
- Wait a minimum of 4 to 6 weeks (or as directed by your Cosmetic Provider) before receiving any additional skin care or laser treatments.

## 2 – 3 Days Following Treatment

- On the 2<sup>nd</sup> or 3<sup>rd</sup> day after treatment, you may notice tiny dark spots and bronzed appearance to the treated skin. This is called the MENDs (microscopic epidermal necrotic debris).
- MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin may be very dry and feel like sandpaper before flaking and peeling off.
- Peeling and flaking generally occur within 24 - 72 hours post treatment and should be allowed to come off naturally. **DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING AND/OR INFECTION.** Gently washing the skin more frequently will help to promote the peeling process
- Depending on the areas treated, it could take 5-7 days or more for the peeling process to be completed.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. **DO NOT** scratch the treated area as scarring and pigmentation complications can occur.
- After the peeling process is complete, your skin may have a rosy, pink glow that will gradually resolve.

## Contact the Office Immediately if Any of the Following Signs of Infection Occur:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever
- Extreme itching
- Severe pain that is unresponsive to over-the-counter pain relievers

**Please contact us at 520.795.7729 if you have any questions or concerns.**