



## **PRE- AND POST- TREATMENT INSTRUCTIONS FOR MOXI**

The MOXI™ Laser by Sciton is the latest non-ablative laser that provides a gentler approach to laser resurfacing. MOXI™ comfortably delivers non-ablative fractionated laser energy to the skin to promote new cell growth and reduce unwanted pigment. With MOXI™ you can correct uneven pigmentation and improve skin tone and texture without the recovery or downtime associated with more aggressive laser procedures.

MOXI™ is the laser for everyone! Designed to treat all skin types, anytime of the year, MOXI™ is ideal for younger patients who are just starting a skin regimen or those wanting to revitalize and refresh your skin's appearance without downtime. Due to the minimal downtime needed and the gentleness of the technology, it's also an ideal treatment for regular skin maintenance to keep your skin looking flawless.

Fast and easy, under 30 minutes  
Minimal downtime  
Simple post care

### **Pre Treatment:**

- It is recommended that all patients having resurfacing treatments done around the mouth have an oral antiviral agent to prevent any cold sore virus getting into the treated areas. Valtrex 500 mg twice a day to start 1 day before treatment and continue on for 5 days post treatment (7 days total).
- Please discontinue any products containing active ingredients 7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 312-638-4979
- Please show up to your treatment appointment with no makeup on.
- Avoid sun exposure (including tanning beds) for at least 14 days prior to treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- Avoid Aspirin, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood thinners 5-7 days before your treatment. If you are on a prescribed blood thinner, please contact our office at 312-638-4979 Chicago, 224-432-5803 Glenview
- Please bring a wide brimmed hat with you on your treatment day to protect your skin when you leave the office.

### **Post- Treatment:**



These pre & post care instructions are intended to guide you through the treatment process and get you on your way to gorgeous!

**After Your Treatment:**

**CLEANSING:**

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. **DO NOT** rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

**MOISTURIZER:**

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. **DO NOT** apply any other products that were not instructed by your provider - eg. essential oils, coconut oil, etc.

**SUNSCREEN:**

Sunscreen is a **MUST** and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.

**WATCH-OUTS**

For general post-treatment discomfort, an over-the counter oral pain reliever, i.e. Extra Strength Tylenol might be prescribed by your doctor. If an anti-viral was prescribed, continue to take as directed. Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.

**TIPS & TRICKS:**

- Use soft cloth and soft towels to avoid any scrubbing
- Make-up can typically be worn once the peeling process is complete
- Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation
- When showering, avoid getting shampoo directly on the treated area

**WARNING:**

There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately 224-432-5803 Glenview, 312-638-4979 Chicago.

**Signs of infection include:**

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever
- Extreme itching
- Avoid strenuous exercise and sweating until after skin has healed

**What to Expect & What You Should Do:**



## Feeling of Warmth

### **What to Expect The treated area may be extremely warm for 1-2 hours after the treatment.**

- Warmth may continue for 12-24 hours after the treatment.
- What to Do Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.
- Redness (Erythema)

### **What to Expect**

Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the intensity treatment.

### **What to Do**

Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.

### **MENDs**

What to Expect MENDs (microscopic epidermal necrotic debris) will appear on the 2<sup>nd</sup> or 3<sup>rd</sup> day after treatment as tiny dark spots and bronzed appearance to the treated skin.

### **What to Do**

- 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 will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process.
- Do not pick at your skin.

### **Possible Side Effects**

Swelling (Edema)

### **What to Expect**

Swelling is common and expected immediately after treatment.

### **What to Do**

- Use of a cold compress will help to relieve the swelling.
- To avoid further swelling, you may choose to sleep in an 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.