

# FRACTIONAL RF SKIN RESURFACING

## POST-PROCEDURAL CARE INSTRUCTION BOOKLET

### INTRODUCTION TO THE VENUS VIVA™ FRACTIONAL RF POST-PROCEDURAL CARE INSTRUCTION BOOKLET

The post-care instruction booklet has been created to help prepare you for care after your treatment in the clinic is complete. Following these instructions will maximize your aesthetic outcome. The booklet will also provide you with a few of the post-procedural warning signs that may herald a complication. As you discovered from our informed consent booklet and your discussion with your provider, most potential complications tend to be minor and can be effectively managed if you are notified promptly. Please read this booklet carefully, initial each page, and sign the last page to indicate you have read and fully understood its contents. If you do not understand any of the items in the post-care instruction booklet, please do not hesitate to call the clinic and speak with your provider. In the rare instance that you are unable to contact your provider with a post-care concern, and you feel it is of an urgent nature, please proceed to the emergency room of your nearest hospital. Remember, your excellent aesthetic outcome and quality of care is our goal. We are here to help you!

### CONTACTING THE OFFICE

Office:

After Hours:

## POST-PROCEDURAL CARE INSTRUCTIONS

### YOUR PROCEDURE

The treatment you have selected is Venus Viva™ Fractional RF. The goals of this procedure are dermatological procedures requiring ablation and resurfacing, resulting in softening of the fine-moderate wrinkles of the face, neck or hands, acne scars and textural irregularities.

Venus Viva™ Fractional RF is usually performed as an outpatient procedure, using topical anesthetic.

### POST-PROCEDURAL CARE - DAY 1 TO 5

The healing time for any given treatment varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

#### Swelling/Discomfort/Redness:

Swelling of your wrinkles occurs immediately. Significant swelling and redness of the treated areas and untreated parts may occur following your procedure, and will be maximal at 24 - 48 hours. To minimize swelling, keep your head elevated. It is not uncommon for clients to experience under-eye swelling for the first 1 to 2 days, but this swelling will subside. There will be redness and slight heat emanating from the treated area for the first 24 hours, akin to a mild sunburn. It is unusual to experience severe or excessive pain; you should notify us if this occurs. Tiny scabs will usually be formed 24 - 72 hours post-treatment, and may remain for several days. The scabs should not be touched or scratched even if they itch, and should be allowed to shed off naturally.

#### Activity:

Some mild discomfort may occasionally follow resurfacing treatment. You may return to regular activities immediately. It is advised that you avoid hot baths, saunas, Jacuzzis, and pools for the first two days following treatment, as the bacteria common to these sites can affect the skin post-resurfacing and cause an infection. Some minor heat emanating from the treated area is normal, but please do not apply ice or cooling compresses, as that heat is the body's natural healing response.

#### Moisturizer:

Post-treatment care, including applying of moisturizers or supporting creams on the treated skin, is at the Physician's discretion.

#### Make-Up:

After 24 hours, most resurfacing clients are ready for makeup to hide the pinkness of the skin. If applied, it is important that you remove all makeup from the skin at night. Do not sleep with make up on the treated area.

#### Avoiding the Sun:

Avoiding direct sun should become a permanent component of your long-term skin care program. Always use an SPF 30 or greater beginning 24 - 48 hours after the skin has fully healed. Sun exposure, tanning beds, and artificial sunless tanning lotions are not allowed in the treated areas during the course of the treatment and healing.

#### Long-Term Skin Care:

In addition to avoiding direct sun exposure, we suggest all clients use long-term skin care that will optimize the youthful, rejuvenated appearance you have achieved. We offer clients a program for long-term facial skin maintenance. This unique program offers state-of-the-art skin maintaining and rejuvenating creams that are only available and administered by our medical team.

Physicians on our medical advisory team recommend the use of the Venus Skin™ Post Treatment Recovery Kit and Venus Skin™ Stem Cell Therapy Serum and Accelerator for at-home care treatment post 24 - 72 hours. Note that these assisting agents should always be used according to their accompanying instructions.

Client Initials: \_\_\_\_\_ Date: \_\_\_\_\_



**WARNING SIGNS**

The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact the clinic:

**Infection:**

Infection may be present if you notice:

- (i) Increased (rather than decreasing) facial swelling after the first 24 - 36 hours.
- (ii) Redness spreading beyond the area of resurfacing, that is warm and tender to touch.

**VENUS VIVA™ FRACTIONAL RF POST-PROCEDURAL CARE INSTRUCTION BOOKLET - ACKNOWLEDGMENT AND RELEASE**

I, \_\_\_\_\_ have had an opportunity to review the Venus Viva™ Fractional RF Post-Procedural Care Instruction Booklet. I understand the items it contains and have initialed each page. I have been given an opportunity to ask any questions regarding these instructions and have had these questions answered to my satisfaction.

I understand that my cosmetic outcome may be compromised or a complication may ensue by:

- 1. Failure to attend any scheduled post-procedural visit.
- 2. Failure to follow post-procedural care instructions.
- 3. Failures to report symptoms or signs that are unusual or concerning.

_____ Patient or Person Authorized to Sign for Patient	_____ Please Print Name Here
DATE: _____	WITNESS: _____

**Client Initials:** \_\_\_\_\_ **Date:** \_\_\_\_\_