

Please review this Guide with your physician

Your physician or a staff member should discuss the instructions contained in this Guide with you. It is important to follow this Guide and the instructions given to you by your physician. Not following these instructions may put you at increased risk of developing complications such as infection, long-term pigmentation problems and scarring.

Post treatment expectations

Your physician should show you photographs of the post treatment healing process. These photographs will give you an understanding of how you may look immediately after treatment and during the skin healing process. Skin healing progression photographs are available from Energist.

What should my physician know about me?

Discuss your medical history with your physician. If you think you may have forgotten something or did not realize the importance of something at the time of consultation, then please discuss this with your physician before your treatment.

For example, inform your physician before treatment if you

- Have been using products to treat acne or facial wrinkles within 6 months of treatment.
- Have a known history of, or suspect you may develop keloid scarring.
- Have used exfoliates 7 days prior to treatment.
- Have allergies to any medications or are sensitive to any skin care products.
- Have any other concerns.

How should I prepare for treatment?

2 weeks prior to the treatment

- Avoid excessive sun exposure or tanning for at least two weeks prior to treatment.
- Use a Sun Protection Factor (SPF) 30+ zinc oxide or titanium dioxide based sunblock. This should be applied thoroughly to all areas intended for treatment.
- Additional sun protective measures such as a wide-brimmed hat, sunglasses and sun-protective clothing will help to protect your skin before and following your treatment.

1 week prior to the treatment

- Exfoliates (scrubs, washes and other treatments that remove the outermost part of the skin) should not be used in the week prior to treatment.
- If you have just started using topical tretinoins, such as cosmetics containing Retin A, in the last month, you will be advised to discontinue use.
- Some sort of moisturizing directive.

Pre-care medications

Your physician may prescribe medication to prevent a potential skin infection post treatment. Ensure that you obtain and use the medication as instructed.

Obtain post-treatment care medications and products

Obtain the following items prior to treatment as you may be uncomfortable going to a store immediately after your procedure:

- Antibacterial soap for hand washing.
- SPF 30+ zinc oxide or titanium dioxide based sunblock
- Petrolatum/petroleum jelly such as Vaseline or other product recommended by your physician (this is needed immediately after treatment). Please purchase a new container.
- White vinegar (unopened bottle) which will be diluted and used to reduce itching.
- Optionally, a new and clean misting spray bottle to apply the vinegar/water solution (this procedure will be described later).
- Mild organic (non-soap) cleanser such as foaming cleanser or Cetaphil.
- Your physician may advise you to use an anti-pruritic medication such as Benadryl to prevent itching.
- Good quality mineral make-up for use once peeling/flaking has finished. Check with your physician for recommendations.

Your physician may provide or recommend the use of other skin care products. Ensure these are available for use after your treatment. Alert your physician if you develop a fever, cold or other illness prior to treatment.

What should I expect on the day of my treatment ?

Make-up & other facial products

- Do not wear any make-up or use any other facial products such as moisturizer on the day of the treatment.
- Do not use mascara.
- Men should shave.
- Moisturize.

Contact lenses

- Your physician may advise you to remove contact lenses prior to the procedure. Wear eyeglasses or bring a contact lens case with you.

Arrange to have a driver take you home if you are having a deep treatment or you will be taking a sedative.

- Pain medication or sedatives may be given to you. You should not drive yourself after treatment if this is the case. Ensure you have a friend, relative, or taxi service arranged to take you to your destination after treatment.

Prior to treatment

- Your skin will be cleansed.
- Your physician may take pre-treatment photographs.
- A topical (cream or ointment) anesthetic may be applied for a minimum of 45-60 minutes prior to treatment to numb and moisturize the treatment areas. The topical anesthetic on the surface of your skin will be removed just prior to treatment. Local anesthetic injections may be used by your physician.

During treatment

- A water-based gel may be used to protect eyebrows/eyelashes and the hairline.
- Moistened gauze and/or eye shields may cover your eyes.
- During treatment you will hear a snapping/clapping sound each time a plasma pulse is produced. This sound is produced inside the hand piece that the physician holds. Tell your physician if you find this uncomfortable as earplugs or earphones could be made available.
- You may experience a sensation of warmth (like mild sunburn)
- There may be the smell of burning hair.
- Although your hair (including eyelashes and eyebrows) will be protected very carefully, some hair may be singed. The singed hair will regrow.

After treatment

- Your treated skin may feel warm like a sunburn for several hours.
- Prior to leaving the physician's office, a layer of petrolatum/petroleum jelly such as Vaseline will be applied to your treated skin.
- Treated skin will be fragile. Treat it gently.
- Your skin will be pink to red, it is important not to pick at your skin during this process. Keep it moist with petroleum jelly.

After treatment what should I do?

What will my skin look like?

- None of your skin will be removed during treatment, but depending on the type of treatment you have received, the outer layer of treated skin may eventually peel or flake. Your physician will tell you when you should expect to see this happen.
- Your skin will appear pink to red in color. This normal post procedure condition is called erythema. Your physician will advise you on how long this is expected to last.

The First 24 hours

- Keep a thick layer of petroleum jelly (or product recommended by your physician) on your skin at all times and reapply as needed to avoid the skin drying out. This will help your skin to heal and will help you to leave your skin alone.
- Protect your skin from sun exposure.
- Follow the correct course of medication that has been prescribed by your physician.
- Always wash your hands thoroughly using antibacterial soap before touching treated areas or when applying a topical agent (for example, the petroleum jelly).
- Apply a thicker layer of the petroleum jelly at nighttime.
- Always use a clean cotton tip applicator or clean (new) wooden tongue depressor when removing petroleum jelly (or other skin treatment material) from a container. Avoid contaminating the jelly; do not put your fingers or used applicators into the container.
- Your treated skin must be covered with petroleum jelly continuously for the first 24 hours. This must not be cleaned off early.

Day 2 to 5 – Before complete peeling or flaking

- Contact your physician immediately if you have continued pain, blistering, oozing or concerns about itching in the treated area.
- After the first 24 hours the petroleum jelly (or equivalent) may be removed by showering the upturned face in warm water.
- As an alternative to showering, use a mild cleanser such as Aquaphil or Cetaphil 2-3 times per day. Apply the skin cleanser by dabbing or patting and then rinse gently.
- It is important that the old petroleum jelly is thoroughly but gently removed in order to help prevent infection.
- Following cleansing, you may want to use a vinegar solution to ease any discomfort such as itching (this very mild solution will not cause irritation):
 - Mix a solution of 1 teaspoon of white vinegar to 1 cup of cold water and gently dab on the treated area using a clean washcloth or gauze to reduce irritation. The alternative to this is to spray the area (using a clean mister/spray bottle) with the diluted white vinegar solution.
 - Following the vinegar solution treatment, the area should be rinsed with water.
- Once started it is recommended to use the vinegar soak every 2-4 hours while you are awake for about a week following treatment. This will depend on the energy used during the treatment. Discuss this with your physician.
- Apply new petroleum jelly immediately after cleaning or application of the vinegar solution. Reapply the petroleum jelly if your skin feels tight or dry.
- Try to sleep on your back following treatment of the face. Using extra pillows will encourage sleeping on your back.
- Change the pillowcase daily until you have healed. Use clean sheets and night time wear when you have been treated on your body. "Terrycloth" or "fluffy" pillow covers or sheets are not recommended as these may absorb the petroleum jelly applied to the skin.
- Avoid unintentional touching of the treated areas such as rubbing your eyes.
- Continue applying petroleum jelly until your skin has flaked or peeled, usually 2 to 5 days after treatment.
- The skin may darken from pink or red to a "bronzed" like appearance 3 to 5 days after treatment. This is likely with high energy procedures. This will peel or flake off.

- It is important that the treated skin is left in place until it is ready to peel or flake. **DO NOT PICK!** Picking may result in an infection or scar.
- The treated skin will generally peel or flake within 2 to 5 days. The old skin will come off as you wash your face. It may be difficult to see flaking.
- As your skin peels or flakes there may be some areas that are lighter or darker. This should even out over time.

After peeling or flaking

- Stop using the petroleum jelly when peeling or flaking is complete.
- After skin has peeled or flaked it is important to resume the use of a zinc oxide or titanium dioxide based SPF 30+ sunblock to decrease the possibility of hyperpigmentation (darkening that is not like a tan) occurring as your healed skin is exposed to sunlight. You may wish to resume use of a high quality, mild moisturizer as well. Check with your physician for recommendations.
- New skin will have formed underneath the layer of treated skin that peels or flakes. Your new skin will be fragile and must be treated gently.
- It is normal for the skin to have lighter and darker areas in the first few weeks as it heals. These are most often temporary and fade quickly, though in rare circumstances this can take up to 6 months. It is very rare for any pigment changes to continue beyond this time. You should contact your physician if you have pigment changes that concern you.

Return to make-up or shaving and activities

It will generally be 2 to 10 days after treatment before you can apply make-up or shave. This will depend on if you had a low energy or high energy procedure. Ask your physician when you can return to your activities.

What should I NOT DO?

The first 24 hours

- Do not cleanse the treated area during the first 24 hours.
- Do not expose your treated skin to the sun.

Sun Exposure

- Sun exposure must be avoided for 3 - 4 weeks after treatment. Exposure to the sun may intensify a darkening of the skin (hyperpigmentation) that is not a sun tan. Minimize the effects of sun exposure by using the recommended sunblock and wearing sun protective clothing, including a hat that will shade treated areas.
- Wear a wide brimmed hat, sunglasses and protective clothing (if your body has been treated) when outdoors.
- A window (house or car) will not protect you from sun exposure.

Exercise and Exposure

- During the first 2 weeks limit actions that would affect blood flow to the skin such as exercise or exposing your skin to hot (sauna) or cold (winter sports) temperatures as this may aggravate redness or swelling.

Before my skin has peeled or flaked

- Do not remove, try to remove, pick, rub, or squeeze areas of skin, whether using fingers or tweezers.
- Do not touch treated areas with anything that is not clean; wash your hands carefully before touching your treated skin.
- Do not allow your skin to dry out as this will increase the risk of problems such as increased pigmentation/darkening of the treated skin.
- Do not use anti-aging/exfoliating/harsh cleansers, medications or scrubs.
- Do not wear clothing that rubs and chafes when you have been treated on areas of the body other than your face.
- Do not use fabric conditioners when washing bed sheets, pillow cases or clothing that may touch your treated skin, as fabric conditioners can cause skin irritation.
- Do not allow pets to come into contact with treated areas or bedding Do not allow pets to sleep in your bed until your skin has healed.
- Do not allow close contact with someone who has any form of contagious infection.
- Do not cover your pillow with a terrycloth towel or other abrasive fabric.

During peeling or flaking

- Do not try to remove skin or pull at it when it is peeling or flaking. It will come off on its own when it is ready. This may happen during gentle washing.
- Do not expose unprotected skin to the sun. Avoid unnecessary sun exposure.

After peeling or flaking

- Do not expose your treated skin to the sun for as long as recommended by your physician. If you are having further treatments then it is important that you commit to staying out of the sun until the last treatment is completed and your physician says that sun exposure is permissible.

Following treatment, what should I look for?

Skin reactions- although rare, the following skin reactions may occur:

- You may have temporary swelling (sleeping on an additional pillow may help).
- Mild acne flare and/or milia (tiny white bumps) may occur. This should resolve on its own.
- Contact dermatitis is a localized skin irritation due to use of topical products or contact with substances that irritate your skin.

Discuss with your physician for proper care.

- Petechiae are small red or red-blue spots that make up a rash. Although not common, it may appear during healing and continue for several weeks and should clear without treatment.

Possible complications

- Contact your physician immediately if you think there is something wrong with the way your skin is reacting or healing. Continued pain, swelling or blisters may be a sign of infection that your physician should know about immediately. Untreated infections may lead to scars.
- Herpes activation - Infections that you already have but are dormant such as herpetic (Herpes) facial cold sores may become active following treatment. Though it is recommended, it is left to the discretion of the physician whether or not prophylactic anti-viral medication is prescribed prior to treatment.
- Hyperpigmentation - Patches of skin become darker in color than the normal surrounding skin. Hypopigmentation - Patches of skin become lighter than the normal surrounding skin.
- Infection - Following the procedure, the treated skin may be more likely to become infected. It is important that instructions in the Guide and those given to you by your physician are followed. Your physician may prescribe medications prior to or after treatment.
- Scarring - As with other methods of skin treatment, there is a risk of both temporary and permanent scarring of the treatment areas. Although scarring is extremely rare with NeoGen, it is important to follow all post-treatment instructions carefully.
- Singed hair - If your hair, eyebrows or eyelashes are singed, they will grow back.

When should I contact my physician after treatment?

Call your physician immediately if

- Your skin starts to peel or flake earlier than expected. Small areas may peel at day 1-2 but in general for higher energy treatments (such as PSR 2, PSR 3 or PSR 4) the skin will usually start to peel or flake 3 to 5 days after treatment.
- You experience cold sores.
- You get isolated patches of blisters, oozing, residual redness or areas slow to heal.
- You experience signs of infection (increased itching, pain, swelling, skin is warm to touch, pus or oozing).
- You have any post-treatment concerns including your response to skin care and medications.
- You are unsure of what to do as your skin heals.

Call your physician

- If you are not sure when you can start wearing make-up, start shaving, or return to your activities.

Follow-up visits

- Your physician should tell you when you are expected to be seen after your procedure. Attend all scheduled follow-up visits. Do not wear make-up to follow-up visits.