



## PRE AND POST MNRF PROCEDURE INSTRUCTIONS

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### **PRE –TREATMENT INSTRUCTIONS:**

- 1: Avoid use of non-steroidal anti-inflammatory drugs (NSAIDS like aspirin, motrin, advil, ibuprofen, or any other non-tylenol, non-acetaminophen product) for two weeks prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition.
- 2: Hydrate: for 7 days prior, moisturize your skin in the morning and evening. Drink at least 8 glasses of water per day.
- 3: If you have a history of fever blisters(herpes), take antiviral medication starting 1 day prior and follow directions on your prescription.
- 4: Stop all topical creams containing glycolic, alpha and beta hydroxyl acids, retinols, retin-A or other like products 3 days prior to treatment.
- 5: Avoid tanning beds or prolonged exposure to the sun 4 days prior to treatment. Always use a zinc oxide sunscreen with SPF30+.
- 6: Remove all substances from the intended treatment area, including topical numbing cream, tanning products, ointments, lotions, perfumes, bath/shower oils, deodorant, etc. Do not use flammable products in the vicinity of anticipated treatment.

### **POST-TREATMENT INSTRUCTIONS:**

- 1: Expected downtime 5-7 days. The expected healing sequence and expected treatment side effects include redness, swelling, bruising, light discomfort, and possibly small bumps and pinpoint bleeding.
- 2: Cover your pillowcase daily for 5 days with a clean towel each day to avoid soiling linens or contaminating yourself.
- 3: Wash treated area 3-4 times daily with a mild cleanser.
- 4: Apply a thin coat of the antibiotic/healing ointment prescribed to the treated area as per standard medical procedure. Keep the treated area moist AT ALL TIMES FOR 1 WEEK to avoid scab formation.

5: To minimize the post-procedural inflammation, apply ice-packs on the treatment zone for about 45 minutes (15 minutes on 15 minutes off) for 24 hours. Sleep with slight elevation of your head and avoid sleeping with pets for 48 hours.

6: Avoid excessive sun exposure on the treatment area and use a sunscreen (SPF30+) for 1 month following the procedure.

7: If you are healing well, you may resume using mineral makeup 48 hours later. Do not resume use of topical acids, retinols, retin A, etc. for 7 days.

After treatment, if you have any questions, concerns or experience any problems, please contact our clinic at 9871217300, 0124-6614282