

Patient Pre- and Post-Procedure Instructions for 2.0

PRE-PROCEDURE

Two Weeks Prior to Procedure:

- Do not consume any blood thinning agents such as aspirin, ibuprofen, herbal medications, or supplements such as grapeseed extract, Vitamin E, fish oil, etc.
- Avoid exposure to sun or tanning beds that could result in red, peeling, or swollen skin.
- Avoid invasive and minimally invasive skin procedures in the procedure area.
- If you are currently taking any type of blood thinners under the direction of a physician, please discuss this with your treating physician.

1 Day Prior to Procedure:

- Shave excessive facial hair; beard and/or mustache. When possible, use an electric powered shaver to minimize the potential for skin abrasions and cuts.

Day of Procedure:

- The skin on your face, chin, and neck should be free of makeup, lotions, and other skin care products.
- Wear clothes that are comfortable; avoid shirts that have a high neck or collar.

POST-PROCEDURE

Day of Procedure

- Provider choice of moist after-care product* (e.g. Observed best practices with exosomes [5], Alastin Skin Nectar, epidermal repair, growth factors, etc.)
- **Do not use petroleum-based products directly on the open wound**
- Recommended use: Gently apply the after-care product over the entire treatment area
- Apply wound dressing (e.g. Tegaderm) over treated area for first 12 hours

Home Care

- Gently wash the treated area twice daily with water and a mild cleanser (e.g. CeraVe Faci-al Cleanser), clean towel to pat dry. When cleaning your skin, use a clean towel each time to pat dry, or use a paper towel and discard after each use. Do not share your towels.
- Be gentle with skin, do not scrub or vigorously rub or wipe face.
- Follow each cleansing with topical skincare product per provider, keeping skin moist while healing.
- Do not pick or scratch the treated area.
- Avoid sleeping on your face.
- After skin has healed, (no open wounds and holes have closed), use a broad-spectrum sun-screen >30 SPF and avoid direct and prolonged sun exposure for 1 month post treatment.
- Refrain from the following activities until your skin has fully healed and has no open wounds, and holes have closed: Shaving (3-4 days), waxing, makeup and skin care products, using tanning beds and sunless tanning creams; scrubbing, scratching and/or picking at the treated area(s); contact sports or any activity that could cause injury to the treated site; submerging the treated area in water such as pools, whirlpools, oceans, etc.; and activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise. Speak with your procedure provider who may have additional post procedure care.

CONSULT YOUR PHYSICIAN FOR ADDITIONAL PRE- AND POST-PROCEDURE CARE.