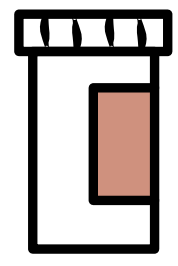


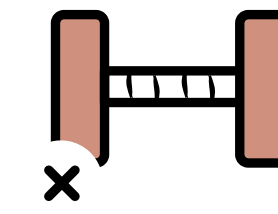
LASERS

MOXI POST-CARE POLICIES



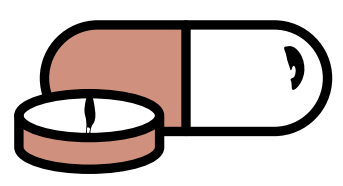
Medications

Avoid all medications/supplements/foods/alcohol (unless medically necessary) that were listed in the [Pre-Care Policies](#) until swelling and bruising has healed.



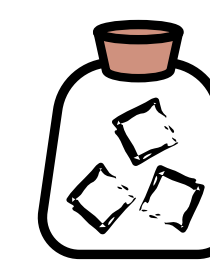
Exercise

Avoid exercise until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.



Pain Relief

If you experience a need for pain relief, please use Tylenol (unless it is contraindicated to a condition you have or medication you are taking).



Bruising/Swelling

If you experience bruising/swelling, take Arnica until it subsides. Always follow the instructions on the label and do not take it if it is contraindicated with any of your medications/medical conditions (such as high blood pressure).



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.

Signs of infection include:

- Drainage - looks like pus
- Increased warmth at or around the treated area. (The area may be warm for the first 24 hours, but please contact us if the warmth is increasing or is still present after 24 hours)
- Fever
- Extreme itching

If you believe you are experiencing a medical emergency, please call 911.



Same day

- Do not wash the treated area(s)
- The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.



For one week after treatment

- Swelling is common and expected immediately after treatment. Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position for the first 2-3 nights after treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.
- 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 of treatment. Please follow the cleansing and moisturizing instructions in the next section to help the skin heal and limit further stress on the skin.
- MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin. MENDs are part of the healing process where treated tissue is working its way out of your body as fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Do not pick at your skin and follow the moisturizing instructions in the next section to help the skin heal.



For two weeks after treatment

- Cleanse the skin two times per day with plain, lukewarm water and a gentle cleanser, beginning the morning after treatment. Use your hands and gentle patting motions. DO NOT rub, scrub, or use an exfoliant or skin care brush such as a Clarisonic on the area.
- Moisturizer should be applied generously with clean hands over the treated area and reapplied whenever your skin feels dry.
- DO NOT apply any other products that were not instructed by your provider such as essential oils, coconut oil, retinols, abrasive products, or any other creams or serums.



For two months after treatment

- Use a wide-brimmed hat or protective clothing for two months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.



**For three months
after treatment**

- Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for 3 months post procedure. Use only physical sunscreens with broadband UVA and UVB protection and an SPF of 30. Be sure to reapply during any sun exposure.



**Until fully
healed**

- When showering, avoid getting shampoo directly on the treated area(s).
- Avoid wearing makeup until the peeling process is complete.
- Use soft cloth and soft towels after the first two weeks to avoid any scrubbing.
- Avoid strenuous exercise and sweating until after the skin has healed.

Please read these instructions in full to ensure you are not missing important information. Following post-care will not only reduce the chances of complications and speed healing time, but will also product better results.