

## **VIVACE PRE & POST CARE INSTRUCTIONS**

### **Pre-Treatment Instructions:**

- Discontinue use of topical prescriptions and all retinol products for 72 hours prior to your treatment.
- Avoid prolonged sun exposure or sun burn in the treatment area for 2 weeks prior to your appointment.
- Discontinue use of aspirin, ibuprofen, and non-steroidal anti-inflammatory products for at least 7 days prior to your treatment.
- Reminder: ensure that you are not pregnant or have a pacemaker.
- Clients with a history of viral infections such as herpes simplex or cold sores may need to be prescribed an appropriate anti-viral medication to take prior to treatment to prevent a possible breakout.
- If an active or extreme acne breakout or any other skin condition such as a rash occurs, contact the spa before your treatment, as rescheduling your appointment may be necessary.

### **Post-Treatment Instructions:**

- Avoid direct sun exposure for at least 2 weeks post treatment. Absolutely NO tanning beds, self tanner or spray tans.
- Apply a broad-spectrum UVA/UVB, chemical free sunscreen containing zinc oxide and/or titanium dioxide of at least SPF 30 designed for post procedures (but please wait 24 hours post treatment).
- NO exercising/working out, sweating, saunas, hot tubs or hot showers for a minimum of 48 hours.
- Do not apply makeup on the same day as your treatment.
- Cleanse your skin with COOL water while gently massaging to remove debris if necessary. Carefully pat dry with a clean towel.
- Only use post procedure skincare products prescribed by Trio Med Spa to calm, soothe and protect the skin for 3 days post treatment. We recommend NEOCUTIS Gentle Skin Cleanser®, Vivace Post Treatment Serum, NEOCUTIS BIO-SERUM FIRM or and Skin Medica Essential Defense Post-Procedure SPF 35®.
- Do not use harsh exfoliants, scrubs, products containing AHA/BHAs, Vitamin C or retinoids for at least 7 days after your treatment.

### **Downtime:**

- Swelling and redness is normal immediately after the treatment. The treated area will appear similar to a mild sunburn. Minor pain, discomfort, warmth, and tightness may be experienced. This will begin to subside a few hours after your treatment. Fast recovery is normally observed within the first 24 hours with only slight redness the following day.
- The skin will feel tight and dry for the first 3 days post treatment. Flaking and peeling may occur and is normal.
- Some clients may experience the appearance of small pinpoint throughout treatment area. This may last for up to a week. Do not pick at these areas. They will resolve naturally.
- You may return to your normal skincare regimen 7 days after your treatment or as soon as it is comfortable to do so.