



600 Lakeview Rd., Suite D, Clearwater, FL 33756

www.LaserskincareByMelinda.com

Candela MatrixPro Radio Frequency (RF) Pre & Post Care

Pre Treatment Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment. Please reschedule your Matrix appt if you have or had any oral surgeries within 6-8 weeks from your appt.

Prior to treatment

14 days prior:

- ***No Fillers***
- Please use SPF 30+ Daily to protect your skin from being compromised. If you are going to be outside - You must wear sunscreen. Avoid direct sunlight for 2 weeks. Do not sunbathe. Do not use self-tanning lotions or tanning booths. Any patient arriving with a tan or sunburn may be rescheduled due to the sensitivity of the procedure.
- Discontinue use of Tretinoin, Retinols/Retinoids type products, 14 days prior to treatment. (Retin-A, Tazorac, Differin, Renova, Tretinoin, Retin A Micro, Tri-Luma, Solage, etc.)

5 to 7 days prior:

- ***7 Days Prior No Botox***
- Discontinue, Alpha and Beta hydroxy (AHA/BHA) products, Hydroquinone at least 5-7 days prior and salicylic acid washes prior to treatment, to avoid irritation or possible side effects.
- Do not use exfoliating scrubs, cleansers, or treatments for a minimum of 1 week prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar before coming in for your eMatrix appt. If you are prone to cold sores, please contact our office for instructions.
- Avoid high doses of Ibuprofen, Aleve, Advil and other non-steroidal, anti-inflammatories for 1 to 2 weeks prior to and/or after your treatment.

1-3 days prior:

- No exfoliating with chemicals. If you need to shave the area do so.
- ***For sensitivity reasons***, Avoid sun, fish oils, and ginseng, alcohol

Day of treatment: To reduce sensitivity during treatment: Avoid caffeine, tobacco, alcohol, fat burners, niacin, for approximately 4-8 hours prior to each treatment.
If chosen you may take Acetaminophen (Tylenol) prior.

Post Care treatment:

- ***Wait*** 24 hours before washing your face; use only gentle cleanse, as described below. Please use your hands to wash treated areas. Do not use a washcloth, or any facial cleansing brushes (i.e. Clarisonic brushes.)



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- SPF 30+Journee Sunscreen needs to be reapplied every 4 hours. to prevent sun damage from occurring and disrupting your results.
- After your Matrix treatment, your skin will feel like it has a sunburn. To minimize contact with bacteria please refrain from touching the areas that have been treated, and do not apply any cold compress or ice packs. You may use a handheld fan to cool down for comfort or Acetaminophen if you choose.
- Your skin will have tiny pinpoint scabs starting 24-72 hours after your treatment. This is normal and is an indication that the skin is healing. You can expect this to last approximately 3-7 days as your skin repairs. Do not scratch, touch or pick at your skin as this will disrupt healing and may cause you to hyper/hypo pigment or scar. Allow the tiny scabs to naturally shed off on their own.
- Avoid immersing or soaking the area of treatment, (pools, bathtub, swimming etc.). Avoid thermal traumas such as hot showers, steam rooms, saunas, etc. Until area has healed. Approx. 5-7 days..
- Avoid excessive sweating for 2 days following treatment.
- Do Not Pick. The scabbing will fall off naturally. Using the recommended products will also aid in healing.
- Results are often best when: Avoiding non-Steroidal anti-inflammatory medications 7-14 days following treatment. (Examples: Ibuprofen, Advil, Aleve, Motrin, Nuprine, antihistamines.)

Recommended Post Care System:

Day

- Wash face with Neocutis gentle cleanser
- Apply Neocutis Aftercare 3-4 times a day
- Moisturizer /Hyalis hydrating serum
- Neocutis Journee' SPF Sunscreen with zinc and titanium dioxide .
Tinted or Non-tinted

Night

- Wash with Neocutis gentle cleanser
- Apply Neocutis Aftercare
- Moisturizer /Hyalis hydrating serum
- Perle Brightening Cream

After completely healed (5-7 days), omit the Aftercare . Replace with Bio-Serum Rejuvenating Growth Factor & Peptide treatment. Use morning and night, Sunscreen and Retinols may begin.

Follow up Treatments: Please wait at least 4 weeks post chemical peel to schedule your eMatrix or Fraxel.