

Scar Treatment Pre & Post Care Guide

Scar treatments are important because they help reduce the visibility of scars, promoting a smoother and more even skin appearance. They can also alleviate discomfort or tightness caused by scar tissue, improving mobility and function. Effective treatments may prevent scarring from becoming more pronounced, especially in cases where scars could become hypertrophic or keloid. Additionally, scar treatments can boost a person's confidence by enhancing the cosmetic outcome of healing wounds or surgical sites.

We highly recommend purchasing Alastin's ReForm & RePair Complex (\$240) as it is a cutting-edge topical formulation designed to assist with recovery from surgical and invasive body procedures. This will enhance your skin's healing ability as well as your results.

See last page for details.

3 Days Prior to Treatment:

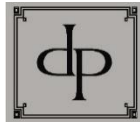
- Stop the use of NSAID medications such as Aspirin, Ibuprofen, and Naproxen.
- Avoid alcohol and caffeine consumption 24 hours prior.
- Discontinue the use of these topical products and treatments: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical, or enzymatic exfoliation.
- **Sun:** Skin that is sunburned is not treatable.
- Skin that has been tanned must wait 2 weeks to be treated.
- Wear an adequate amount of sunscreen and minimize sun exposure.
- Any self-tanner applied to the treated area must be completely removed. Treatment cannot be administered if there is any tanner left on the skin.

Day of Treatment:

- Arrive with cleansed, make-up free skin.
- Prepare to spend at least half hour in the office for the duration of the treatment. The amount of time may vary depending on the area(s) being treated.

What to Expect:

- The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. After treatment you will look and feel slight sensitivity, which may vary.
- Skin will feel tight and have a mild sunburn sensation.
- 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 and can persist for up to 7 days depending on the intensity of the treatment.



- After the peeling process is complete, your skin will have a rosy, pink glow that will gradually resolve.
- 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 new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin.
- Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.

After Treatment:

- **Cleanse:** Do not cleanse the area on the same day as treatment. You may gently cleanse the area **the day after** treatment with a gentle, fragrance-free cleanser. Make sure hands are always clean before touching the area.
- **Moisturize:** Use a gentle moisturizer on the area. We recommend Alastin Skin Nectar as your post treatment solution. If excess dryness occurs, you may layer with a gentle moisturizer.
- **Sun Exposure:** Avoid intentional and direct sun exposure for at least 48 hours. No tanning beds.
- **Sunscreen:** Use on area treated if exposed to sun.
- **Skin Care Regimen:** Do not use for at least one week post treatment: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical exfoliation, or enzymatic exfoliation.
- **Working Out:** No exercising or strenuous activity for the first 48 hours post-treatment. Sweating and gym environments are harmful, filled with bacteria, and may cause adverse reactions.
- **Watch-Outs:** For general post-treatment discomfort, an over-the-counter oral pain reliever. If an anti-viral was prescribed, continue to take as directed.

If you experience swelling (edema), or pinpoint bleeding:

- 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 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.
- If skin is broken or a blister appears, contact the office immediately. Keep affected area moist and avoid direct sunlight.
- Pinpoint bleeding may occur and could last for a few hours and up to 12 hours. Dab with damp gauze.

Warning:

There may be some degree of swelling immediately post treatment; however, if you have 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 or extreme itching.
- Fever of 101.5 or greater

How to keep and extend your results:

- **Sunscreen:** Sunscreen is the best anti-aging measure that can be taken to help maintain and prevent future signs of premature aging.
- **Post Procedure and Preventive Products:** Skincare is the best to enhance your results and prevent further skin damage. We highly recommend using the **ReForm & RePair Complex** on scars in addition to your scar creams.

Benefits of ReForm & RePair:

- May be used before and after surgery to create an optimal environment for recovery.
- Helps to reduce procedure downtime.
- Formulated with ingredients that work to help improve the appearance of skin after surgery.
- Product designed to help accelerate the recovery process.
- Formulated with TriHex Technology® to support the production of new, healthy elastin and collagen.
- Designed to complement: Breast Surgery; Cosmetic Body Surgery; Body Injectables
- Assists with visible recovery from cosmetic surgery for skin concerns, including cellulite.