



Profound- Face and Neck

Please review this form thoroughly to make sure all your questions are answered. If you have additional questions, please call our office at (503) 662-7375.

PRE-CARE

- Stop taking Aspirin and other pain medications such as Advil, Motrin, Celebrex, Aleve and Ibuprofen, 10 days before the procedure. If you need pain relief, please use Tylenol (acetaminophen).
- Avoid blood thinning supplements such as Vitamin E, fish oil, turmeric, ginkgo biloba and St. John's Wort. Please discuss all medications and supplements with your provider and ask for a full list of blood thinning supplements and medications.
- Discontinue the use of Retin-A, Retinoids or glycolic acids 1 week prior.
- Avoid any prolonged sun exposure and use a zinc oxide sunblock with a minimum SPF 30+ (available for purchase at Evolve Aesthetics). The sunblock is also used for 6 weeks following your treatment (see post-procedure instructions)
- Drink plenty of water before your procedure to ensure adequate hydration.

Medications:

- Pick up prescribed Acyclovir 400 mg tablets. Take your first dose 1 day prior to your procedure and continue to take twice daily according to the prescription bottle instructions.
- We will give you 1 antibiotic tablet of Cefuroxime 250 mg at the time of your treatment and 1 additional tablet to take 8 hours post procedure.
- You may be given a sedative and/or pain medication at the time of your treatment, this will be discussed with you prior to your appointment. Please note that you will need a designated driver if any pain medication or sedatives are given.

Before Treatment Day:

- Have hairbands or ties ready to keep hair off your face for 48 hours.
- Purchase a zinc oxide sunblock with SPF 30+ (available for purchase at Evolve Aesthetics).
- Ice packs should be available to use as needed for swelling and bruising.
- Prep your home environment to reduce the risk of post-treatment infection; wash all linens and have clean towels available.
- Do not allow pets to interact with the recovery area.

Day of Treatment:

- You will be at the clinic for approximately 3-4 hours.
- Please eat a light meal prior to your procedure.
- Arrive without makeup or contact lenses. Wear a lower cut, buttoned shirt and leave all jewelry at home.

POST-CARE

- No shower for the first 12 hours. After that a gentle shower is permitted.
- Wash your hands. Hand washing is the most important thing you can do to prevent infection. Make sure to wash your hands every time prior to touching the treatment area.
- Avoid sun exposure for 6 weeks. Zinc oxide sunblock with SPF 30+ is required for 6 weeks.
- Clean linens and change pillowcase daily for first 5 days. Keep your cell phone clean.
- You will be sent home with 1 antibiotic tablet of Cefuroxime 250 mg take post-procedure as directed.
- Please be sure to finish your acyclovir as directed on the prescription bottle.
- Drink plenty of water after your treatment.

Please follow these cleansing instructions 3-4 times daily:

- Wash hands thoroughly with soap and water, rinse and pat dry before each skin care session.
- Cleanse the treatment area with a gentle cleanser, pat dry with a clean towel and apply Alastin Regenerating Skin Nectar (provided for you) over the treatment area. Cleanse morning and night.
- Do not rub or exfoliate the treatment area.
- Mineral makeup may be applied 3 days after treatment. Be sure to clean makeup brushes before each use or use disposable applicators.

Reduce Swelling and Pain Relief:

- Use ice packs on the treated area for the first 2-3 days by placing a clean towel between the ice and your skin, do not put ice directly on skin. Icing every 2 hours is recommended for the first 24 hours.
- You may take Tylenol as needed for discomfort (do not take Ibuprofen or aspirin).
- Elevate your head while resting and for the first few nights.

What you might experience after the procedure:

- Redness and swelling are common and should subside significantly after 3-4 days.

- The Profound treatment can result in a clear fluid (exudate) appearing on the skin. Please keep the area moist with Alastin Regenerating Skin Nectar for the first 48hrs to help prevent crusting and scabbing.
- Mild discomfort from swelling is normal although tightness is more common occurrence.
- Your skin may appear darker or lighter than before and although most pigmentation changes are transient, in rare cases, this can be permanent. Use the recommended SPF as prevention.
- Itching and dry skin are most common during the healing process. Avoid picking and rubbing as this can lead to scarring. Over the counter antihistamines may be used to relieve itching.

Questions or concerns; call us at (503) 662-7375 if you experience any of the following:

- Pain that is not relieved by Tylenol.
- Excessive redness, itching, swelling, bleeding, and scab formation.
- Signs of infection: fever, whitish to yellowish discharge, excessive swelling lasting more than 5 days.