

POSSIBLE COMPLICATIONS:

- Acne like pimples/breakouts and milia (tiny white bumps) may occur. If severe follow up with your practitioner. This will typically resolve within several days.
- Infection or cold sore activation
- Hyperpigmentation/hypopigmentation
- Scarring
- Swelling or prolonged redness

PRO TIPS:

- For redness use an ice roller and vinegar spritz.
- For dryness use ZO Hydrating Cream as needed.
- Healthy habits and diligent aftercare are the ultimate ways to allow your skin to heal. Ideally, you will abstain from smoking and drinking. Eat a well-rounded, nutritious diet and drink plenty of water.

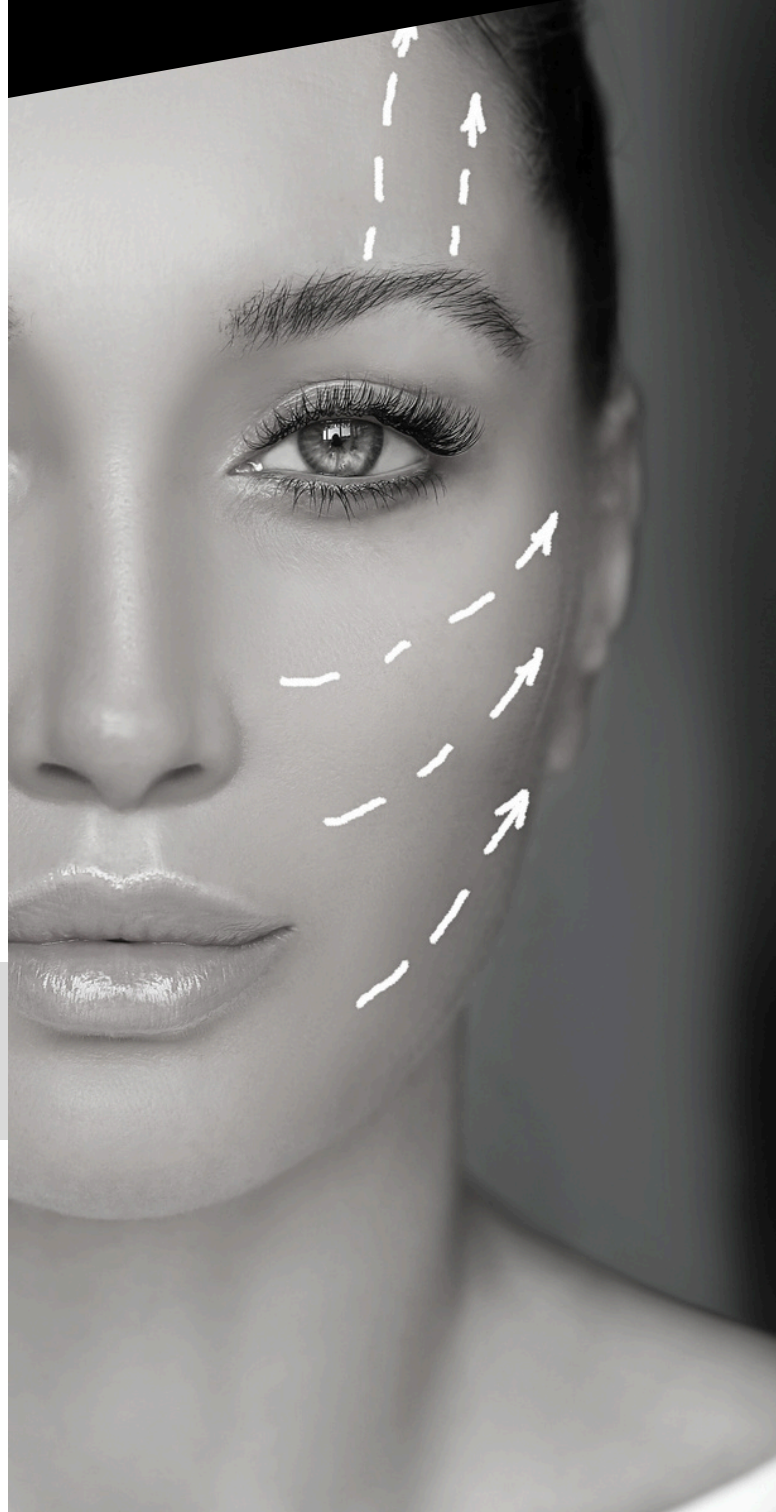
WE WANT YOU TO HAVE AN OUTSTANDING RESULT. IF YOU HAVE ANY QUESTIONS OR UNEXPECTED CONCERNS, PLEASE CALL THE OFFICE FOR ASSISTANCE.

**Newtown
MediSpa**

Newtown CT: 32 Church Hill Road: 203-304-9725
Fairfield CT: 1499 Post Road: 203-802-6334
Email: appts@newtownmedispa.com
www.newtownmedispa.com

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SmartXIDE Tetró
Pre and Post Instructions



PRE-TREATMENT INSTRUCTIONS:

Avoid 4-6 weeks before treatment

- Strict sun avoidance is a **MUST** both before and for 4-6 weeks after treatment. This includes UV light devices & sunless tanning products.
- Use mineral broad-spectrum sunscreen, SPF 30 or higher daily.
- Medications that can interfere with or delay the healing process (consult with the provider before treatment).
- Dermal exfoliation treatments such as peels, facials, and laser hair removal.
- Discontinue use of retinoids/retinols (typically 2 weeks prior is acceptable- discuss with your practitioner).
- The procedure cannot be done within 2 weeks of Botox or Dermal Fillers.
- The treatment involves moderate discomfort, and topical numbing is required. This should be applied 45 minutes before treatment.
- Hydroquinone/skin lightening cream may be recommended for patients with skin type III-VI (highly recommended for those with dark or Asian skin).
- Antivirals may be prescribed if you have a history of herpetic lesions/cold sores in the area being treated.

WHAT TO EXPECT DAY OF TREATMENT:

- Wear comfortable clothing and no jewelry or contact lenses.
- Skin should be cleansed and free of makeup and product (clean-shaven for male clients).
- Apply your numbing cream at home 45 - 60 minutes before treatment, or plan to arrive 1 hour early.
- You will be wearing special goggles to protect your eyes from the laser.
- Once the procedure is complete you can expect a very red appearance to your skin and the sensation of a moderate sunburn.
- Your practitioner will apply a thin layer of ointment to the treated area to protect the fragile skin and keep it from drying out.

- Before bed, you will wash the ointment off with a gentle, non-abrasive cleanser. Apply the Alastin Skin Nectar and continue daily for 2 weeks.
- Use vinegar spritz starting the day **AFTER** treatment 3 times a day for 2 days minimum.

POST-TREATMENT EXPECTATIONS AND CARE:

- You can expect a moderate sunburn-like sensation to last up to 3-5 days. There will likely be associated swelling or puffiness of the skin. You may notice areas of clear to yellow oozing and crusting- do not pick crusts.
- Keep the treated area from drying out. Your practitioner will review aftercare and your kit products.
- Sleep with a clean pillow case and with your head slightly elevated.
- Avoid intense workouts and sweating for a minimum of 7-10 days.
- Your skin will feel rough, like sandpaper, for 7-14 days after the initial inflammation and the raw skin has partially healed. Mild itching is possible and the skin will likely peel in areas. Do not pick or pull peeling or flaking skin. Allow this skin to gently slough off on its own.
- Strict sun avoidance is necessary for 6-8 weeks as your healing skin is very vulnerable to the sun. Mineral sunscreen with a minimum SPF of 30 **MUST** be worn **EVERY DAY** (no exceptions) after the first 24 hours.
- Your fresh, newly rejuvenated skin may appear pink for a few weeks, and in rare cases months, after treatment. This is normal and depends on the intensity of your specific treatment. If makeup is needed mineral-based makeup may be applied after 24-28 hours. Remember makeup and applicators are the biggest source of bacteria and post-treatment infections.
- Most can resume their usual skin care product routine within 2-3 weeks after treatment. Facials, peels, and abrasive treatments should be avoided for 6-8 weeks.