



Accutite Pre-Post Treatment Instructions

Pre-Treatment Instructions:

- Hydrate – we recommend that for seven days pre-treatment you moisturize the skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- You may be provided an antiviral medication prescription 3-4 days prior to the procedure if you have a history of Herpes Simplex (cold sores) to avoid outbreak. Please bring this to the attention of your provider.
- Topical retinoid therapy should be discontinued 7 days prior to treatment. You must be off Accutane for 6 months prior to this treatment.
- Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30.
- Remove all substances from the treatment area, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants and self-tanning products and ointments.
- Avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) for one week if medical condition allows. Consult with your primary care physician for clearance.
- Discontinue any irritant topical agents for 2-3 days before treatment. Please discuss with your provider as you may be allowed to continue most products up until the day of treatment.
- Arrive to appointment with clean skin. There should be no lotion, makeup, perfume, powder, bath, or shower oil present on the skin to be treated. You will be given the opportunity to remove your make-up in the event this was not possible.
- Alert your provider asap if you have experienced any issues with topical anesthetics (xylocaine, tetracaine, lidocaine, prilocaine).
- Notify your provider if any implants such as a pacemaker, defibrillator, insulin pump, facial implants, or hardware (screws, plates), or if you have had filler or neuromodulators (Botox) placed recently.

Post Treatment Instructions

- Treatment areas will have dressings and/or a pressure garment to be removed in 1 week. You will continue to wear the garment in the evening and while sleeping for at least three weeks or until swelling subsides. The garment ideally should be worn for 12 hours per day for the first 2 weeks.
- Wound care: Let soapy water wash over the incision sites (do not scrub) then apply antibiotic ointment to the incision points twice daily for one week while the skin is healing after initially removing the pressure garment. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
- Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave and water after 48 hours. Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate the area.
- Although these effects are rare and temporary, redness and swelling may last up to 3 weeks and are a part of a normal reaction to the treatment. Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment. Some patients report a burning sensation, tingling or a tightening sensation in the treatment area for up to 3 months.
- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks.



- For facial and neck procedures: Sleep on several pillows or in a recliner to keep your head elevated for at least two to three days to help minimize swelling. Minimize talking and chewing for 48 hours. We recommend following a soft diet for the first 48 hrs.
- Make-up may be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision points that may still be healing.
- If treatment was done on the face or neck, facial shaving should only be done with an electric razor for the first week.
- Burns and changes in pigmentation are rare although may occur. If you notice small white bumps, they may take a few weeks to resolve.
- Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless instructed otherwise. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner. Take all antibiotics unless instructed otherwise.
- Do **NOT** drink alcohol for several days as instructed by the doctor after this procedure. Drinking alcohol can negatively affect healing and can cause thinning of the blood, bleeding, crusting and/or bruising.
- Remember, although the skin has initially healed, it takes a minimum of six weeks before any changes in skin tightening can be perceived and twelve months before final results in skin tightening can be appreciated.
- If you experience any questions or experience fever, chills, drainage, discharge, or extreme discomfort, please contact the office immediately.
- Immediately after treatment most patients will experience erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on the treatment setting.
- Makeup may not be worn for 24 hours after the procedure. If there are no areas with active oozing and warm redness, makeup may be applied after this time.
- Your provider will inform you when you may resume the use of your usual skin care products (usually 2-3 days).
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated areas, as if you had a sunburn.
- Avoid sun exposure to reduce the chance of hyperpigmentation; (darker pigmentation) for at least 1 week.
- The use of zinc oxide sunblock SPF 30 at all times after 24-48 hours.
- Multiple treatments over a period of several months may be required to achieve the desired response. You will notice immediate as well as longer term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.

The above instructions and information have been explained to me, and I understand the contents of this pre/post-treatment instruction sheet.

Patient Signature:

Date: