



Pre & Post Skin Tyte Treatment Instructions

Pre-Treatment Recommendations:

- Although Retin-A may be used to condition skin prior to any light based treatments, it should be stopped five days prior to the procedure itself and resumed as soon as skin sensitivity resolves after treatment.
- Avoid sun exposure to treatment area for 14 days prior to treatment. You should also avoid self tanning products during this time. Always use a sunscreen with SPF 30 with UVA and UVB or greater when out in the sun.
- If you have a previous history of cold sores, please make sure that you have notified the medical director of PURE to have a prescription for Valtrex written. Begin taking Valtrex one day prior to treatment.
- Please have the prescriptions given to you by the medical practitioner filled (if applicable) prior to your treatment.

Post-Treatment Recommendations:

Patient response can vary after a SkinTyte treatment. Erythema (redness) is usually noted within a few minutes after the completion of the procedure. A slight sunburn sensation in and around the area treated is also normal and expected. These reactions tend to subside within 1-4 hours after the treatment.

The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following:
 - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine and severe temperature changes Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed but if so, usually within the first 4 hours after the treatment.
- Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.

- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Subsequent treatments are based upon your clinician's recommendation and are typically 2-4 weeks apart. The number of treatments needed will depend upon your individual condition and your body's response to the light.

The full effects of the SkinTyte treatment appear gradually. It can take 3 to 6 months for full results, although some patients do see them sooner. Full results have been known to last for up to 6 months, but recent studies have shown that some thermal collagen modifications have lasted up to several years, depending on the rate of the patients aging process.

If you should have an afterhour's emergency, please contact Julie Accaregui @ 208-794-0169

I have read and received a copy of the Post Skin Tyte Treatment Care Instructions.

Client Signature

DOB Today's date

PURE Representative

Date