



Moxi Laser Treatment Post Treatment Instructions

Post Treatment

- The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. Cold compresses may provide comfort during this time. Also, a mineral spray might provide some relief and much needed moisture to the skin.
- Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.
- MENDs (microscopic epidermal necrotic debris) will appear on the 2nd and 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 works 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 scratch the treated area as scarring and pigmentation complications can occur.
- Swelling can occur and is typically 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 a more upright position the first 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.
- The treated area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time. Ice the skin on and off for 10 minutes at a time within the first 24 hours. Prolonged use of icing can increase swelling.
- Post treatment discomfort may be relieved by over-the-counter oral pain relievers and anti-inflammatories, such as Aleve or Advil.
- If an anti-viral was prescribed, continue to take as directed.
- Avoid scratching and itching, as scarring and pigmentation can occur.

Post Care

- Immediately after treatment, your clinician will apply Alastin Skin Nectar as your post treatment to the treated area and this should be reapplied as needed to keep the skin moist.



- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, e.g., Cetaphil, beginning the morning after the treatment. We have provided the cleanser for you. Use your clean hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush in the treated area. Doing so could result in scarring and pigmentation complications.
- The use of a moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your clinician – e.g. essential oils, coconut oil, etc.
- **Sunscreen is a MUST** and should be used daily beginning the day of treatment and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of at least 30. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypo-pigmentation can/will occur. Sun exposure should be avoided for 1 month post treatment.
- Make-up can be worn 24 hours after your treatment.
- While showering, avoid excessive hot water usage and try to avoid getting shampoo on the treated area.
- Avoid strenuous exercise and sweating for at least 24 hours, use gentle patting to wipe sweat off treated skin.

Additional instructions:

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
- Fever of 101.5 or greater
- Extreme itching