

Opus RF Plasma

Stretch Marks/Acne scars/Breast/decolletage/hands/neck/face/eyelids/Laser Deep Fractionated/Deep Peels

Congratulations for choosing Inovo Medical Aesthetics! This is a guide to help you prepare for your treatment. Patient response can vary. Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase depending on the depth of the treatment.

Pre Treatment care

In order to increase the effectiveness of the treatment without adding to discomfort and irritation, we advise the following:

- If you have had a cold sore in the last 3 years, be sure to tell the clinician so you can get a prescription for an antiviral. You must start taking the antiviral before the procedure.
- The day of the appointment we ask clients to have cleansed bare skin, no eye make-up, no sunscreen, no lotion.
- Be sure to be on time—at least one hour before your procedure is scheduled to have a topical anesthetic applied.
- Notify us in advance if you are currently taking any medications like accutane or any Retinoids in the last year (oral)
- For darker skin types who have hyperpigmentation please consider to use Hydroquinone 2% before and after the treatment (we offer this product in house). We may also tell you to use hydrocortisone 1% after the treatment.
- Limit the use of advil or motrin or NSAIDs in the 6 weeks following treatment (tylenol is not an NSAIDS)
- You will be advised on the products to use on your skin after the treatment. Do not use any active or harsh products for at least 10 to 14 days after this treatment.
- Any other directions specifically related to your individual skin conditions will be given to you at the time of treatment.
- Do not overexpose your skin to the sun two weeks before the procedure.
- Avoid direct sunlight or use SPF 70-100 for 2 weeks post treatment. Avoid direct tanning for up to 8 weeks after the treatment (use strong SPF 45-100). Remember winter times, use SPF 15-30 even if it is cloudy outside!

Immediately After (DAY 0)

- Sweating or hot showers will irritate your skin if it is not yet healed, especially the day of treatment.
- Indirect ice packs, direct cold cloths may be used on skin for comfort. 1-2 hours after the treatment, the hot feeling will decrease, and a “sunburned” feeling will remain. Continue with cool compresses until comfortable.
- **Swelling around the eyes, is normal in the first 1-2 days. Redness is normal for up to 5-10 days.**
- *Do not use contact lenses until eye swelling is completely resolved.*
- **Very Tiny “strikes” and “dots” are normal and you may see them for up to 1-3 weeks.**
- **It is extremely important to never let the skin feel tight or dry. ALWAYS MOISTURIZE**
- **Apply occlusive ointment Aquaphor for 1-3 days. Make sure there is always a visible layer of aquaphor over your skin.** The duration of use is determined by using it until the skin does not look inflamed or burned or feels tight. (Only mild redness, strikes and dots usually does not warrant aquaphor.
- If using Hydroquinone 2%, start using it twice a day and apply your moisturizer over it.



- Peeling and flaking generally occur day 1 to 10 post treatment and should be allowed to come off naturally.
- DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS. THIS COULD RESULT IN SCARRING AND INFECTION!

Day 1-2 Post Treatment (Next Days)

- Cleanse with a gentle cleanser (Alumier sensi-calm) and keep skin covered with Aquaphor if necessary. Otherwise, you can start using a moisturizer that has special ingredients to prevent the water from evaporating from your skin.
(Alumier recovery balm) or eucerin.
- If Hydrocortisone cream 1% was prescribed, start to apply it twice a day for 7 days.

Day 3 Post Treatment

- This **may** be the “worst day” in terms of inflammation, (but normally not with OPUS).
- We suggest you use a scrub for dry skin to fasten the healing process. (Alumier Lotus scrub). It may irritate your skin for a few hours.

Day 4 Post Treatment

- If your skin has not significantly healed or there is pain or it feels stiff, it may not be normal. We suggest you contact us to determine the next best step. You may need to continue aquaphor or start eucerin for dry and tight skins.
- Otherwise, you may start to use a little bit of makeup, preferably of mineral base.
- Continue to cleanse and moisturize with Alumier sensi calm and recovery balm and scrub your face with alumier lotus scrub every 3 days.

Day 5, 6, 7 Post Treatment

- Continue cleansing and moisturizing. If you want to use your skin care products, they need to be for dry and irritated skin for up to 14 days.
- Use regular skin care products or other active ingredients after 14 days if your skin has completely healed.
- remember to moisturize your skin often during the day and night to not let it dry!
- REMEMBER SPF even in the winter time when it is cloudy!

Follow-Up:

- Some transient hyperpigmentation/hypopigmentation is frequent with laser and occasionally occurs with Opus. If it occurs, sun protection and depigmenting agents such as hydroquinone should be used. Contact us as necessary.
- Number of treatments: average of 2-4 treatments.
- Interval of treatments: 3-8 weeks





If adverse skin effects occur (such as excessive reddening or swelling), please contact the clinic @ 613-749-4668 x 115 or email info@inovomedical.ca with progress photos.

