

## Treatment instructions

### Opus RF Plasma, Refresh RF, PICO and erbium laser

Opus RF plasma from Alma medical is the latest in fractional-based skin resurfacing technologies, a method that involves creating a pattern of microscopic injuries to a fraction of the skin by using plasma from electricity. This stimulates a natural wound-healing response exciting the skin to repair itself. Opus is our preferred method for dealing with any type of texture issues such as dilated pores, fine lines, scars and acne scars – it is as strong as a CO2 laser, with much less downtime compared to all other resurfacing options. Not being a laser, it is also much safer for darker skin types.

Refresh RF from Luovo is the latest monopolar radiofrequency device. It is the better, well tolerated version of Thermage. It is the second best option for skin tightening after Ultherapy. Often, we use this treatment alone or in combination with opus. We can do the quick mode added to Opus at no extra cost or the Full refresh RF treatment.

#### Ablative resurfacing lasers

In rare cases, we may suggest using our Erbium laser from Fotona sp dynamis pro. Mostly if you have a thick elevated scar.

PICO laser, the Fotona starwalker. Often, especially with acne scars, we will combine or switch to using our A pico laser using trillions of laser impulses per seconds and the result comes from the vibrations instead of heat. Thus, we can treat BLACK skin and there is virtually no risk of hyperpigmentation. It is also a known great adjunct in the treatment of acne scars.

Deep chemical peels for some type of acne scars can also be a great adjunct.

#### Please note

Number of treatments: average of 2-4 treatments, but it could be a lot more for severe cases of acne scars.

Interval of treatments: 3-5 weeks

Patient response and down time as well as results can vary significantly.

Recovery will vary depending on the depth of the treatment

**Refresh RF:** normally redness and swelling for 2-3 days

**Opus:** redness and swelling for 2-5 days but up to 12 days. **Very tiny “strikes” and “dots” are normal and you may see them for up to 1-3 weeks.** They will normally not lead to oozing and scabbing.

**Pico laser:** significant pinpoint bleeding is normal but will not lead to oozing and scabs. Red spots under your skin will remain for 5-7 days.



What is the process?

For your initial session, you will need to arrive earlier, without makeup for completion of the pictures and final consent. Every other time, you will need to be there 5 min before your appointment and we will install you in a room with numbing cream on the treatment area for around 75 minutes. Refrain from touching it with your fingers and touching your eyes as this cream is very powerful and will numb your tongue and itch your eyes. If the cream goes in your eye and you feel burning, you need to rinse it with water and tell our staff. You will feel red as the blood flows in your skin because of the topical lidocaine and tetracaine. Rarely, the cream itself will peel a little area of your skin.

**Pre Treatment care**

You should purchase the following supplies prior to treatment:

**The 4 recommended skin care products (see under)**

***For opus and erbium laser only:***

**A container of aquaphor, Benadryl tablets (25 mg) +- hydrocortisone 1% cream available without a prescription +- Hydroquinolone 2% if you are prone to hyperpigmentation**

- If you have had a cold sore in the last 2-3 years IN THE TREATMENT AREA, 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.
- 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 we may tell you 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. Only applies to OPUS
- Limit the use of advil or motrin or NSAIDs in the 6 weeks following treatment (tylenol is not an NSAIDS). In general, it slows down healing and decrease collagen production.
- Do not use any active or harsh products for at least 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 0-1-2)**

- 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 1-3 days.**
- *Do not use contact lenses until eye swelling is completely resolved.*
- 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!**

**It is extremely important to never let the skin feel tight or dry. ALWAYS MOISTURIZE**

- **For opus and erbium laser only:** Apply occlusive ointment **Aquaphor** for 0-3 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 burned and dry or feels tight. (Only mild redness, strikes and dots usually does not warrant aquaphor). Using aquaphor for too long may increase recovery time. Some people react to this ointment. You may start to use **Alumier recovery balm** right away.
- Cleanse with a gentle cleanser (Alumier sensi-calm)
- For optimal results, we suggest that you use twice a day for 10 days and then once a day on a fresh clean skin one of these healing gel  
**RD derma collagen gel** (approx 120\$)  
or  
**neocutis bio serum firm** rejuvenating growth factor and peptides treatments (approx 270\$)  
AND  
Once you stop aquaphor, you need to use a cream that both hydrates and protects your skin from losing its water content. We do not know creams on the market except for a few medical grade and we recommend:  
**Alumier recovery balm (approx 90\$).** Please apply as many times as you can, day and night to avoid any dryness of your skin.
- If Hydrocortisone cream 1% was discussed, start to apply it twice a day for 7 days.



### Day 3 Post Treatment

- For very strong Opus or Erbium treatments, this **may** be the “worst day” in terms of inflammation.
- We suggest you use a scrub for dry skin to fasten the healing process. **Alumier Lotus scrub used every three days will help recovery time and prevent blockage of your pores.** It may irritate your skin for a few hours.
- If using Hydroquinone 2%, start using it twice a day on a clean fresh skin. Then apply moisturizer.

### 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. If you had not stopped aquaphor, it may be the problem, you may be reacting to it.**
- Otherwise, you may start to use a little bit of makeup, preferably 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 **non** pico lasers and occasionally occurs with Opus, If it occurs, sun protection and depigmenting agents such as hydroquinone should be used. Contact us as necessary.

It is not uncommon to experience some itching as the treated skin heals. This commonly occurs between day 2 to 5. Hydrocortisone cream may be applied to the itchy areas before applying the ointment. You may also use benadryl to ease the itch (follow product instructions). Note that benadryl will cause sedation.

It is not uncommon to note the presence of what look like white heads on the treated areas. These are, in fact, milia. They represent areas where fresh epithelium has overgrown the underlying glands. They may be gently scrubbed and removed. If you are having trouble removing them, we will be happy to help you in the office.

### **In circumstances where your skin is over reacting : (do not hesitate to contact us)**

You may be reacting to aquaphor: stop aquaphor as discussed above

You may have a mild infection from scratching during the night.

**Only after OPUS or ERBIUM laser:** You can start **vinegar soaks**, we may also advise you to do so: **you will need** a fresh 2 liter bottle of plain, **white vinegar** and a generous supply of **gauze sponges** from the local drug store.

### **How to make vinegar solution and to use it?**

Mix 1 tablespoon of white vinegar mixed with 1 cup of clean, cool water. Solution may be mixed up ahead of time and kept in the refrigerator. You should find the soaks to be soothing. If the solution is irritating for some reason, the vinegar may be diluted by half (one half a tablespoon of vinegar to one cup of water). The soaks should be repeated 6 times per day, until the skin is fully epithelialized. This will generally take 2 to 7 days.

Dip a clean, soft, washcloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes. Most of the Aquaphor should come off during the soak (do NOT rub). Apply a layer of Aquaphor ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.

**If you have any questions or concerns, please do not hesitate to contact our office.  
613-749-4668 or email us with pictures at [info@inovomedical.ca](mailto:info@inovomedical.ca)**

