

INOVO AESTHETICS

PRE POST CARE INSTRUCTIONS

ALUMIER PEELS

ERBIUM LASER AND OPUS PEELS

LASER ACTIVE ACNE TREATMENT

LIPLASE



BEFORE YOUR TREATMENT

Use of AlumierMD home care products prior to your peel are recommended to prepare the skin, allow for better treatment results and reduce the risk of complications. Please consult your physician or skin care professional for appropriate recommendations for your skin type and condition

- Avoid sun exposure and tanning beds for at least two weeks prior to treatment
Light summer tanning is okay
- Avoid the use of retinoid products (eg. retinol, Retin-A®, Tazorac®) and high levels of AHA and BHA products for approximately 7 days prior to the treatment.
- If you have used Accutane within the last 6 months you need to let us know since your skin will be more sensitive.
- Come to the office with totally clean skin (only for the areas to be treated).

AFTER YOUR TREATMENT

Alumier Mild Erbium and Opus peels

You have just received an Alumier chemical peel or a mild Laser or Opus peel. Due to the nature of these treatments, you should not necessarily expect to 'peel'. However, you may have light to moderate flaking in a few localized areas for 3 to 7 days. You may also experience residual redness, which lasts in most patients from 1 to 12 hours. Your skin may appear to have a light-to-medium sunburn

It is recommended that you do not apply makeup the day of the treatment. It is ideal to allow the skin to stabilize and rest overnight. However, makeup can be applied, if necessary. Tonight your skin will feel tight and 'pulled'. Although you may or may not actually 'peel', it is likely that you will experience light 'exfoliation'. It may take 2 or more treatments to target the deeper layers of skin to loosen and 'peel'.

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We recommend the following skin care products for 5 to 7 days post treatment.

A.M. routine

Step 1: SensiCalm Cleanser

Step 2: Recovery Balm

Step 3: Sheer Hydration Broad Spectrum SPF 40 Sunscreen and reapply every 4 hours

P.M. Routine

Step 1: SensiCalm Cleanser

Step 2: Recovery Balm

In order to obtain maximum results and avoid complications, please follow the post-peel instructions listed below for approximately 5 to 7 days.

- Discontinue use of any product that irritates your skin
- Important: Keep your skin hydrated. Hydration is key to proper healing.
- DO NOT Use any water or product on the skin after treatment for a minimum of 6hrs post treatment.
- DO NOT cleanse your skin in the evening of your peel or treatment
- DO NOT pick or pull any flaking skin
- DO NOT tan or use a tanning booth for at least 14 days post peel.
- DO NOT have electrolysis, waxing, threading or any other form of hair removal for 7 days post treatment
- DO NOT use facial scrubs or mechanical forms of exfoliation for 14 days post peel
- DO NOT use retinoic acid, AHA or BHA for 14 days post peel.
- DO NOT have laser hair removal, photofacials, chemical peels or microdermabrasion for 14 days post peel.
- DO NOT apply ice or ice water on the treated area
- DO NOT use hot tubs, steam rooms, saunas, and/or excessively hot showers for 1-2 days post peel.
- DO NOT go swimming for 1-2 days post peel
- DO NOT participate in aerobic exercise for 12 hours post peel.

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LASER ACTIVE ACNE TREATMENT

We generally recommend investing in the Avi clear permanent acne cure, but in some cases we may recommend adding a few treatments with the Fotona Sp dynamis Pro Yag laser.

The Fotona's Nd Yag laser safely penetrates the skin to an optimal treatment depth to thermally and selectively destroy overactive sebaceous glands and bacterias, thus decreasing inflammation and infection. Plus, the treatment accelerates the healing process and stimulates collagen remodeling, an important step in the long-term treatment of acne.

- You may have 1-2 days of downtime where your skin will be slightly flushed and inflamed and sometimes an extra 3-4 days of mild redness.
- Apply a cold compress if any discomfort (do not apply ice directly)
- Avoid the sun, especially with this treatment and hydrate your skin multiple times per day with Sheer Hydration Broad Spectrum SPF 40 Sunscreen

LIPLASE

Using the Fotona SP dynamis pro erbium laser smooth mode, Liplase will treat wrinkly skin on and around your lips and stimulate the growth of collagen for smooth and plumper lips. Initially, your lips will be swollen for a few days. After a few sessions and time for your body to heal, you will get the anticipated results. It will look totally natural. We recommend 3 to 6 sessions, done at 2-4 weeks intervals.

- If you are prone to cold sores, taking an antiviral medication (such as Valtrex) prior to your treatment may reduce the odds of a flare up.
- There may be small patches of skin falling with redness and discomfort. Apply vaseline or aquaphor until inflammation resolves
- Avoid direct sun exposure

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668