

## VIVACE RF:

### Pre Care Instructions:

Please keep in mind that when booking Vivace, the possibility of redness, blotchiness, swelling, flaking and peeling may occur after treatment. These normal side effects can appear immediately during treatment or within 24-48 hours post procedure. These side effects can take up to 7-10 days to resolve, some side effects may last longer.

- Avoid tanning beds or unprotected sun exposure, or sunburn for at least 2 weeks prior to treatment.
- Do not apply sunless tanners for at least 7 days before treatment.
- Must discontinue Accutane for 12 months prior to treatment.
- Discontinue all retonols, exfoliants, alpha or beta hydroxy acids, glycolics 7 days prior to treatment.
- Antiviral medication should be taken up to 3 days prior to treatment if you are receiving treatment on the face and have a history of cold sores.
- Non-steroidal anti-inflammatory drug use (NSAIDs like aspirin, Motrin, Advil, ibuprofen, or any other non-Tylenol, non-acetaminophen product) should be avoided for two weeks prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition.
- No waxing, depilatory creams, electrolysis or laser hair removal to the area being treated or at least 7 days prior.

### Post Care Instructions:

- Avoid unprotected sun exposure for at least 2 weeks post treatment.
- Keep your face clean and avoid makeup on the treated area ideally 24 hours post treatment. Avoid makeup if you are experiencing side effects such as open areas to the skin, peeling or scabbing.
- Avoid NSAIDs and anti-inflammatories for 7 days post treatment to ensure optimal healing and results. If necessary, Tylenol may be taken to relieve any discomfort post treatment.
- Do not apply ice or other cooling agents to the area post treatment.
- Avoid all exfoliants (manual and chemical), retinols, topical Vitamin C products for at least 7 days post treatment.
- Avoid strenuous exercise for at least 48 hours post treatment.
- Jacuzzis, saunas, and steam baths should be avoided for up to 48 hours post treatment.
- Side effects may include: Local pain, skin redness (erythema), swelling (edema), damage to the natural skin texture (crust, blister, burn), change of skin pigmentation (hyper- or hypo-pigmentation), pinpoint bleeding and scarring. Although these side effects are uncommon and expected to be temporary, redness and swelling may last up to 6 weeks and are part of a normal reaction to the treatment. Burns, pigmentation change and scarring are rare but may happen with darker skin types, especially when post-care procedures are not cared for.

### Complications:

- If blisters or bleeding are present, infection is possible. Scarring and associated pigment changes may result from an infection. Call our office if you are experiencing blisters and/or bleeding.

If you have any questions or concerns do not hesitate to contact SpaDerma at 773-529-5277