

# Dermatology, Laser & Vein Specialists

OF THE CAROLINAS

## PRE & POST-TREATMENT PATIENT INSTRUCTIONS FOR GENIUS™

### Pre-treatment Patient Instructions

- On day of treatment, patients should thoroughly wash face and not apply any make-up, lotions, sunscreen or any other cosmetics to the skin of the treatment area prior to arriving at facility.

### Post-Treatment Patient Instructions

- Mild crusting of the treated skin is common in the 1 to 5 days following your treatment. **Do not to pick at the crusts**, as this can promote infection & scarring. Instead while you're in the shower, soak the treated skin under warm water for several minutes and then very gently wipe with a washcloth to help with sloughing away the crusts. Alternatively, you can choose to let these crusts heal naturally and flake away on their own.
- Avoid harsh topical products or alcohol-based toners for at least 2 weeks. Otherwise, after 24 hours, you can resume your skin care regimen as directed by your physician.
- Avoid vigorous activity, excessive heat, or sun exposure for at least 1 week post-treatment.
- Avoid sun exposure as much as possible for the first 24 hours after treatment and beginning on the second day, apply a broad-spectrum UVA/UVB sunblock with an SPF of 30+. Until the skin fully heals, when outdoors always use an umbrella, hat or other available protection against sunlight.

### Expected Skin Reactions and Results

- 1 day Post-Treatment: redness and transient swelling, skin begins to return to a condition similar to before treatment.
- 3 days to 1 week Post-Treatment: treated skin begins to show signs of improvement; brighter skin tone and significant reduction in sebum secretion in oily skin types.
- 1 to 3 months Post-Treatment: continuous and gradual improvement of skin's texture.
- Common expected skin reactions include erythema (redness), edema (swelling), pinpoint bleeding, and very slight discomfort after treatment. Pinpoint bleeding should stop within minutes after treatment, discomfort within a few hours and redness and swelling gradually diminishes in 1 to 3 days.
- Crusting begins to appear 1 to 2 days after treatment and sloughs off in 3 to 5 days.
- Other less common skin reactions include petechia (red or purple dots under the skin) which fade in a few days or bruising which can take up to a week to disappear completely.
- Other skin reactions include irritation, itching, and/or burning sensation. These typically subside in a few hours to 1 day but may get aggravated with heat or sweating. If these reactions persist, please contact our office.

**If you have any questions or concerns about this treatment please do not hesitate to contact our office 24 hours a day, 7 days a week at (704) 375-6766.**