

# GUELPH | FACIAL PLASTICS

- ETwo Sublative Care Instructions –

## **WHAT TO EXPECT AFTER ETWO SUBLATIVE**

- Directly after your treatment, your skin may feel warm as if you have a sunburn. Nurse Jocelyn will provide you with ice packs for your car ride home
- The warmth should subside within a few hours following treatment
- Your skin will appear red with mild swelling after the treatment. 24-72 hours later you will have small grid mark scabs form
- Your skin should be healed around 1 week after your treatment
- Arrange to have your treatments 4-6 weeks apart

## **FOR YOUR COMFORT**

- Apply a cool compress to all areas treated no more than 20 minutes at a time, do not use ice directly on your skin
- Take Advil or Tylenol to limit discomfort
- If your skin becomes dry while the grid marks are healing, you may choose to use a thin layer of Aquaphor or Vaseline as your nighttime moisturizer
- Sleep slightly elevated with an extra pillow to limit swelling

## **SKIN CARE**

- A gentle cleanser and moisturizer may be used 12 hours after treatment
- Avoid hot showers or baths for 2 days following treatment
- Do not pick or exfoliate the scabs, allow them to shed on their own
- Avoid direct sun exposure and wear SPF 30+ for at least 1 month following ETwo

Please contact Nurse Jocelyn with any questions regarding your treatment and healing