

GUELPH | FACIAL PLASTICS

- PROFOUND-

Pre-Treatment Instructions:

- Hydrate- we recommend that for 1 week before you moisturize skin in the morning and evening and be sure to drink lots of water to completely hydrate your skin and optimize results
- You may be provided with an antiviral prophylaxis to take 1 day prior to the treatment. Please let the clinic know if you are prone to cold sores
- Topical Retinol as well as AHA/BHA's need to be stopped 5 days prior to treatment and can be started again 10 days following.
- Please avoid sun exposure as much as possible before and after treatment, ensure you are using a Zinc Oxide SPF 30+.
- Arnica and/or bromelain tablets may be taken pre and post procedure to reduce swelling and bruising

*Please wear comfortable clothes the day of your procedure. A button up or zipper up shirt is best as we treat down the neck *

Post-Treatment Instructions:

- Immediately after Profound most patients will experience redness/swelling and slight bruising. Expect the swelling to grow until day 3-4 after treatment. Some swelling and bruising may last up to 14 days after treatment
- Please apply cool compress/ice packs to your face immediately following treatment and 20 minutes of every hour while awake for the next 3 days
- Eating fresh pineapple or taking bromelain and arnica supplements can help to limit swelling and bruising
- Avoid scrubbing the area, you can gently wash your face and neck with a Hexam cleanser 2 times daily and follow this by applying Aquaphor or a gentle moisturizer for a week following treatment
- Sleep with your head slightly elevated for the first 3 nights following Profound
- Avoid lifting, straining, and exercise until swelling is resolved, typically 1 week
- Avoid sleeping with pets for the first 48 hours and keep hair tied back away from your face
- Avoid sun exposure to reduce chance of hyperpigmentation for the first 3 months after treatment. Zinc Oxide SPF 30+ can be applied 48 hours following the treatment
- A light mineral makeup or Oxygenetix foundation can be applied following the first 48 hours to cover redness

Please do not hesitate to contact Dr. Brace's office if you have any questions or concerns
Office: 519-824-0550 Email: info@facialplastics.ca