

Your RESTORE Protocol

A personalized skin care and recovery plan designed to support your best possible outcome before and after facial rejuvenation surgery.

3 Weeks Before Surgery through 6 Months After Surgery

Dear Patient,

We have prepared this guide to walk you through every step of your recovery experience. The RESTORE Protocol is our structured approach to helping your skin heal beautifully, reducing swelling, and restoring tone and radiance — starting before your surgery and continuing for months afterward.

Please read through this guide carefully, keep it handy during your recovery, and never hesitate to reach out to our team with any questions.

Your Timeline at a Glance

When	What Happens
3 weeks before surgery	Phase I — Professional collagen facial + home care products begin
Day of surgery	Continue home care routine up until the morning of surgery as directed
Weeks 2–3 after surgery	Phase II — Lymphatic drainage massage + collagen facial at our office
Weeks 6–8 after surgery	Phase III — Advanced skin and muscle toning treatment session
Months 2–6 after surgery	Ongoing — Continued treatments to optimize your long-term results

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Before Your Surgery

Starting 3 Weeks Before Your Procedure

What to expect at this visit:

We will see you approximately three weeks before your surgery date for a professional collagen facial. This treatment deeply hydrates your skin, boosts collagen production, and helps prepare your skin for the healing process ahead. It is gentle, relaxing, and an important first step in your protocol.

Your home care routine (starts immediately):

At your Phase I visit, you will receive the following products to use at home. Please begin using them right away and continue every day through your surgery date.

Questions? Please contact our office — we are here to support you every step of the way.

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| 1 | <p>Deep Blue MedSpa Cleanser — Morning & Night</p> <p>Wash your face gently with this cleanser twice a day — once in the morning and once before bed. Use lukewarm water and your fingertips. Rinse thoroughly and pat dry. Avoid scrubbing or using abrasive cloths.</p> |
| 2 | <p>Hyaluronic Acid Serum — Morning & Night</p> <p>After cleansing, apply a few drops of this serum while your skin is still slightly damp. Gently press it into your skin with clean fingertips. Do not rub. Apply before sunscreen in the morning and as the last step at night.</p> |
| 3 | <p>Deep Blue MedSpa Sunscreen — Every Morning</p> <p>Apply sunscreen as the very last step of your morning routine, after your serum. Use it every day, even if you plan to stay indoors. Reapply if you are outside for extended periods. Sun protection is essential for healthy healing.</p> |
| 4 | <p>Vitamins & Supplements — Per Instructions</p> <p>You will receive a specific supplement schedule at your visit. Please follow it exactly as directed. If you have questions or experience any reactions, contact our office right away.</p> |

2	<p>Early Recovery</p> <p><i>2–3 Weeks After Your Surgery</i></p>
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What to expect at this visit:

At 2–3 weeks after surgery, you will return to our office for your Phase II appointment. This is one of the most important visits in your recovery. Swelling is a completely normal part of healing, and this visit is specifically designed to help your body move fluid and heal more efficiently.

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| A | <p>Manual Lymphatic Drainage (MLD)</p> <p>Our therapist will perform a very gentle, specialized massage that helps your lymphatic system — your body's natural drainage network — move excess fluid and reduce swelling. This technique is completely safe for post-surgical tissue and is specifically adapted to where you had your procedure. Most patients find it deeply relaxing.</p> |
| B | <p>Collagen Facial</p> <p>A second collagen facial is performed at this visit to support your skin as it heals. We use gentle, soothing techniques appropriate for post-surgical skin — no harsh treatments, no heat. The goal is to nourish your skin and restore its natural barrier function.</p> |

Important reminder:

Please continue using your cleanser, serum, sunscreen, and supplements throughout your recovery. These products work together with your in-office treatments to support your healing from the inside and outside.

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Advanced Optimization

Weeks 6–8 After Your Surgery

What to expect at this visit:

By weeks 6–8, your initial healing is well underway and your skin is entering an active remodeling phase — meaning it is actively building new collagen and refining your results. This is the perfect time for our most comprehensive treatment session. Phase III combines several advanced modalities in a single, carefully sequenced appointment to maximize your outcome.

A Microcurrent Therapy

Microcurrent uses very gentle, painless electrical pulses to re-educate and tone your facial muscles. Think of it as a workout for your face — it helps restore natural lift and firmness, particularly in areas affected by surgery.

B Manual Lymphatic Massage

A continued lymphatic drainage session, now adapted for your more advanced stage of healing. At this point, your tissue can tolerate more thorough treatment, which helps address any remaining swelling or areas of firmness.

C Radiofrequency (RF) Treatment

RF uses safe, controlled heat energy to stimulate your body's natural collagen-building process deep within the skin. It helps tighten the skin, improve texture, and complement the results of your surgery.

D Exosome Therapy and / or Biocellular Stem Cell Treatment

These cutting-edge regenerative treatments use your body's own biological signals to accelerate healing, reduce any lingering inflammation, and improve the quality of your skin at a cellular level. Your physician will determine which option — or combination — is right for you based on your individual healing and goals.

Continuing Your Care — Months 2 Through 6

Your skin continues to heal and improve for many months after facial rejuvenation surgery. Collagen remodeling, tissue softening, and refinement of your results are all active processes that benefit from ongoing support.

We encourage you to continue Phase III-style treatment sessions throughout the first six months post-surgery. These maintenance visits are tailored to where you are in your healing and what your skin needs most at each stage.

Your home care routine — cleanser, serum, and sunscreen — should remain a daily habit throughout this entire period and beyond. These products are not optional extras; they are an active part of your recovery.

Tips for the Best Possible Results

- **Use your products every single day** — Consistency matters more than perfection. Even on days when you feel tired, your cleanser, serum, and sunscreen take less than two minutes.
- **Never skip sunscreen** — UV rays are one of the biggest barriers to good surgical outcomes. Sun protection is non-negotiable during recovery.
- **Take your supplements as prescribed** — Your supplements are chosen specifically to support healing. If you run out or need to pause for any reason, let us know.
- **Keep all your appointments** — Each phase of the protocol is timed to coincide with critical moments in your healing. Skipping or delaying visits can affect how your results develop.
- **Be patient with your skin** — Healing is not linear. Some days you may notice puffiness, sensitivity, or unevenness — this is completely normal. Your final result continues to improve for months.
- **Reach out anytime you have questions** — Our team is always here. No question is too small. Please do not hesitate to call or message us.

We are honored to be part of your journey.

The RESTORE Protocol reflects our commitment to your care — not just on the day of surgery, but through every stage of your recovery and beyond. We look forward to supporting you.