



Sciton Moxi Pre & Post Instructions

At Wingate Plastic Surgery, your comfort and safety are our highest priority. Please review these guidelines carefully to ensure the best possible outcome.

How to prepare for treatment:

Avoid prolonged sun exposure, tanning beds, spray tans, or self tanners for 4 weeks prior to treatment.

Discontinue use of exfoliants (glycolic, salicylic) & retinoids 72 hours prior to treatment.

Inform your provider if you have a history of Melasma, recent use of Accutane (within 6 months), or any history of photosensitivity.

If you are prone to cold sores (Herpes Simplex Virus), begin an antiviral (Valtrex) the day before treatment as prescribed.

Let your provider know if you have any tattoos in the treatment area.

Let your provider know if you are taking a melanin inducing medication such as Melanotan.

Arrive for your appointment with clean, makeup free skin. Gentle skincare and sunscreen are acceptable.

What to expect during treatment:

We will start by cleansing the skin and applying a topical numbing cream. The numbing cream will stay on for 30 minutes. Once you're numb, we will remove the cream and cleanse the skin again. You will be provided with goggles to protect your eyes. The treatment will take 15-30 minutes depending on how many areas we're treating. After treatment your provider will put on appropriate skin care. Your skin may continue to feel numb especially around your nose & mouth for a few hours after the treatment.



It is completely normal to experience the following after a Moxi:

Swelling, redness, tightness, peeling/flaking, itchiness, pinpoint bleeding, and/or acne breakouts.

Immediately following treatment, you may notice tiny dark spots called MENDs (Microscopic Epidermal Necrotic Debris). These can last for up to two weeks and may not exfoliate off evenly.

A mild sunburn-like sensation and swelling may occur for up to 3-5 days.

Do not pick, pull, peel or exfoliate any treated areas as this may cause scarring.

Apply Hydrinity Restorative HA/Alastin Nectar/Plated Intense serum.

Avoid wearing makeup over treated areas for 72 hours.

Avoid strenuous exercise and sweating for 72 hours.

Avoiding shaving and exfoliating for 5-7 days.

Avoid hot tubs, saunas, and steam rooms for 3-7 days.

Avoid prolonged sun exposure for at least 2 weeks. Daily sunscreen is **required**.

Post Treatment

Day of: Bring a wide-brim hat to your appointment to protect your skin. Stay well-hydrated to support your skin's healing process. We recommend sleeping on a clean pillowcase following your treatment to reduce the risk of irritation and bacteria exposure. Sleep with your head elevated to help swelling.

Next Day Skincare

AM: Gently cleanse for 30-60 seconds. Pat skin dry with a soft towel or cloth. Spray Hyacin Activ and let dry for 60 seconds. Apply any post care eg Plated Intense, Hydrinity Restorative HA, or Alastin Nectar. Apply additional skin care approved by your provider and **always** follow up with sunscreen.

PM: Double cleanse with a gentle cleanser. Pat skin dry with a soft towel or cloth. Spray Hyacin Activ and let dry for 60 seconds. Apply any post care eg Plated Intense, Hydrinity Restorative HA, or Alastin Nectar. Apply any additional skincare approved by your provider.

Returning to Daily Care

Once your skin has healed and any redness, sensitivity, or peeling has subsided, you may gradually resume your regular skincare routine. For most patients this is around 7-10 days. Reintroduce active products such as retinoids, exfoliants, or acids slowly and only as tolerated. Continue using your post-care products as directed until they are finished.

Miscellaneous

- You may use your red light device the following day to aid in the healing process.
- If you are feeling uncomfortable after treatment, you may take Acetaminophen. We do not recommend taking any Ibuprofen or nSAIDs (i.e. Motrin, Advil, Aleve) as this may disrupt the healing process.

If you have any questions about your routine please feel free to call the office at 610-813-9335 or email Emily directly at glowteam@wingateplasticsurgery.com.