



Profound

Pre- treatment Care

- Hydrate sufficiently (64 fluid ounces daily for one week prior to treatment)
- Eat a substantial meal before treatment
- Avoid alcohol for 7 days prior to procedure to decrease the risk of bruising
- Avoid using NSAIDS for 14' days prior to treatment
- If you have a history of cold sores, please inform your physician as you may need to be pretreated with an antiviral medication.
- Discontinue topical retinoids or other skin irritants for a minimum of 3-5 days prior to treatment.
- Avoid sun exposure and use SPF 30+. Incorporate raw pineapple or over-the-counter/bromelain tablets into your diet (1-2 weeks in advance).
- You can take the oral herbal supplement arnica daily to reduce bruising and swelling (1-2 weeks in advance).

Post-treatment Care

- The area will appear swollen and red. Ecchymosis will be observed and bruising may be noticed. Redness typically resolves within 1-2 days of treatment. Swelling and bruising will typically resolve within 5-7 days.
- Immediately following treatment, the area should be cleansed with sterile NS, then apply Provider choice of dressing: thin coat of antibiotic or healing ointment, Aquaphor® or equivalent.
- Ice for 45 minutes directly following treatment. Then every 2 hours, for 20-minutes on/off intervals, on the day of treatment. This will decrease likelihood of indurations, extended bruising, and increase comfort. For the next 24 hours, continue with cold compress at 20 minutes and 20 minutes off intervals.
- 1-week post treatment and while healing, wash treated area 3-5 times daily with tepid water and gentle cleanser. Avoid washcloths, harsh irritants, and scrubs. Pat dry and do not rub.
- Keep the area hydrated as possible for one-week post treatment. Cover the area with clothing or SPF 30 or higher sunblock containing the zinc oxide and/or titanium dioxide at all times. Wait about 10 minutes after applying sunblock, then apply a layer of Vaseline or Aquaphor. The area should have a glazed like appearance at all times for one-week post treatment.



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- Sleep with head elevated for the first 2-3 nights post treatment. Change your pillowcase daily or use a clean towel each night. Avoid sleeping with pets.
 - For the first 24 hours post treatment, avoid rigorous exercise or any activities that would stimulate heat, vasodilation, do not take a hot bath or sit in a sauna, etc.
 - For 4 to 6 weeks post treatment, please avoid sun exposure. If going outside (even getting into a car, going for a walk) please make sure to cover the area with clothing and apply a physical UV sunblock (SPF 30+) 20 minutes before going outside.
 - Do not pick at the treated area. It is imperative to let the area heal on its own. If the area is picked at and further interruption of the epidermal layer occurs, this can increase the risk of infection and other post procedure complications.