



PROFOUND Pre & Post Care

*You are not a candidate if you are pregnant or have a medical implant.

*Schedule important events for at least 30 days after treatment.

Pre-Treatment

- AVOID anti-inflammatory, blood-thinning medications two weeks before treatment, such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Gingko Biloba, etc..
- AVOID alcoholic beverages for 24 hours before your appointment. Alcohol can thin the blood and increase bruising.
- You can start Arnica supplements a week prior to injection to help with post injection bruises.
- If you develop a cold/flu, infection, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.

Treatment Day

- Come to appointment with clean skin, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.
- Wear comfortable clothing with an open collar.

What to Expect

There can be discomfort associated with the Profound RF Procedure. Numbing agents are used to minimize your discomfort. Plan for 5 to 10 days of social downtime. Immediately following your treatment your skin will feel warm and sensitive to the touch. It is important to keep the skin covered with a protective gel at all times immediately after your treatment. Most patients develop mild to significant bruising throughout the treatment area. Bleeding and/or grid marks may occur and are typically resolve within 30 days. For the next 14 days expect irritation, itching, and/or mild burning sensations, similar to moderate or severe sunburn. For the first couple of nights, plan on sleeping with your head elevated to reduce swelling.

Aftercare

*Apply SkinMedica Post Procedure products to the area. The treated area should be kept as hydrated as possible for one week post treatment and should have a consistent glazed-like appearance at all times.

*The treated area should be cleansed 3-5 times daily with tepid water and gentle cleanser prior to each re-application of the healing creams. Avoid wash cloths, harsh irritants, and scrubs. Pat dry and do not rub.

*Immediately following treatment, ice compress should be used for the first 45 minutes. For next 24 hours, continue with cold compress at 20 minutes on, 20 minutes off intervals. It is recommended to sleep with head elevated for the first 2-3 nights post Profound treatment.

*After a week of intense healing, you may start to use your normal skin care routine, pending all wounds are healed.

*Arnica may be taken pre and post procedure to minimize swelling/bruising.

*Patients should avoid excessive sun exposure on the treatment area and use a sunblock (SPF 30+) for one month following the procedure.

*Patients should avoid excessive exercise while skin is swollen or red. This could be up to 10 days.

*Patients should be advised to contact their Provider if they have any concerns about how their skin is responding to treatment or is healing.

*Be patient. Swelling and/or bruising will take 7-10 days to subside. It is normal to have tenderness to area for weeks to months afterwards.

*Minor results will be noticed at 3-4 weeks. Significant changes at 3-6 months. Continued improvement up to 12 months.

*Treatment can be performed at 9+ months after previous treatment. Results last 3-5 years. Suggested yearly to biyearly treatments for maintenance.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.