PROFOUND Post-Treatment Care

* + 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.