



## Pre-Treatment Instructions

- You should consult with your physician if you have any skin sensitivity prior to getting a Moxi
- Recent, heavy sun exposure may result in rescheduling of your treatment. Skin should be in a healthy state - no recent sunburn or obvious heavy sun exposure.
- Do not wax or pluck the area to be treated for 2-3 days before treatment.

## Post-Treatment Instructions

### Cleanse

Cleanse the skin 2 times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after treatment. Use your hands and gentle patting motions. DO NOT rub, scrub, use exfoliant or skincare brush such as Clarisonic on the treated area.

### Moisturize

Moisturizer should be applied generously with clean hands over the treated area and reapplied whenever skin feels dry. DO NOT apply other products not instructed by your provider (eg. Essential oils, coconut oil, etc.)

### Sunscreen

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for 3 months post-procedure. Daily sunscreen use is advised for all clients, year round with or without treatment. Use a physical sunscreen with broadband UVA and UVB protection of SPF 50 or higher.

### Additional Instructions

- Increase fluid (especially water) intake for 2-3 days after treatment
- Do not pick at loose skin; it could cause discoloration. Allow MENDs to slough off naturally.
- Do not use any exfoliating product on the treated areas for 10-14 days after face treatment; extend by an extra week for body treatments.
- Do not use Retin-A, Retinols, or Glycolic Acid while skin is peeling
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- Avoid heavy sun exposure for 2-3 weeks after treatment
- Makeup may be worn 24 hours after treatment, however you may find that using moisturizer only during your recovery is ideal
- Avoid strenuous exercise and sweating for 24 hours
- If you're experiencing discomfort, OTC pain relievers are fine to use (NSAID or Acetaminophen)

| <b>What to Expect &amp; What You Should Do</b>       |   |
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| <b>Feeling of Warmth</b>                             |   |
| What to expect                                       | Treated area may feel very warm for 1-2 hours post-treatment. Warmth may continue for 12-24 hours.  |
| What to do   | Cold compress may be used. Creams may make heat worse, try a hyalunronic acid instead until heat subsides.  |
| <b>Redness (Erythema)</b>                            |   |
| What to expect                                       | Redness is normal and expected. Redness can increase in the first couple days post-treatment. It is possible for redness to persist for up to a week but more commonly improves by day 3.   |
| What to do   | Use gentle cleansers, keep skin moisturized and out of the sun to allow for healing without further stress on your skin.  |
| <b>MENDs (Microscopic Epidermal Necrotic Debris)</b> |   |
| What to expect                                       | MENDs will appear on the 2 <sup>nd</sup> or 3 <sup>rd</sup> day post-treatment as tiny dark spots, resulting in a bronzed appearance of the skin.   |
| What to do   | MENDs are part of the healing process where treated tissue is working its way out of the body as new, fresh skin is regenerated. During this time, your skin will feel very dry and sandpaper-like before flaking off. Keep your skin well moisturized to support the healing process. Do not pick or try to remove prematurely.  |
| <b>Swelling (Edema)</b>                              |   |
| What to expect                                       | Swelling is common and expected   |
| What to do   | <p>You may use cold compress and antihistamine medication to help reduce swelling. The first morning after treatment is when swelling seems to be most prevalent. Sleeping in an upright position can help reduce or avoid this.</p> <p>If you're experiencing signs of infection please contact Refine MD during office hours or your regular physician's office. Signs include...</p> <ul style="list-style-type: none"> <li>● Drainage that looks like pus</li> <li>● Fever</li> </ul> |

\*Please note that everyone will react differently. Some clients may experience very mild side effects while others will react more strongly. Refine MD has no ability to predict how you will react, however, your historical reaction to laser treatments, if you've had them, will be the best indication.