



SylfirmX Pre & Post Care Instructions

PREP

Preparation of the skin is required prior to Radiofrequency Microneedling treatments such as SylfirmX and Morpheus 8. Skin must be hydrated, without any sunburns or tans. Hydration of the skin is KEY as radiofrequency energy relies on the movement of electrical currents through the tissues to generate heat. When the skin is adequately hydrated, the radiofrequency energy will penetrate deeper into the tissue, allowing more uniform heating and better collagen stimulation.

For optimal outcomes, treatments should be performed every 4 weeks. It is important to treat within this specific window as the collagen remodeling cycle and remodeling occurs over a period of weeks to months. Waiting too long between sessions may diminish initial collagen benefits and this may result in additional sessions to achieve desired outcomes. It is highly recommended to start a medical grade skin care regimen prior to beginning treatment.

Skinceuticals Gentle cleanser
Skinceuticals Vitamin C
Skinceuticals Discoloration Defense
Skinceuticals H.A. Intensifier
Skinceuticals Epidermal repair
Skinceuticals SPF 50

EXOSOME THERAPY

Your Medical Practitioner will apply Exosome Regenerative Complex (with your consent) post treatment to optimize your treatment results. This product has been clinically proven to reduce inflammation post treatment, increase fibroblast production by 180%, and increase elastin production by 300%. **Exosome Regenerative Complex powered by Exo-SCRT™** Exosome Regenerative Complex powered by Exo-SCRT™ is an intensive dual action complex formulated to absorb quickly into the skin delivering the concentrated power of over 2.5 BILLION STEM

CELL DERIVED LYOPHILIZED EXOSOMES, potent GROWTH FACTORS, PEPTIDES, COENZYMES, MINERALS, AMINO ACIDS, and VITAMINS. Our paraben free, steroid free, and hypoallergenic, patented technologies, and ingredients are clinically proven to rejuvenate and regenerate the skin. **What Are Exosomes | What Is Exo-SCRT™** Exosomes are an extracellular vesicle that is responsible for all cell-to-cell communication within the body. These exosomes are vital in all regenerative cellular processes. Patented technology, Exo-SCRT™, separates and refines 0.1% of pure exosomes from stem cell conditioned media, and lyophilize it, to provide a stable and results driven product.

POST TREATMENT EXPECTATIONS/INSTRUCTIONS

1. A certain degree of discomfort, redness, and/or irritation during and after treatment is expected. If any discomfort or irritation persists more than 72-hours, or if the discomfort or irritation significantly worsens, please contact our office at (617) 973-9700.
2. Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally.
3. During the first two (2) days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, irritating skin care products or exfoliants, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
4. It is important to keep your skin moisturized after the treatment.
5. You may have mild swelling for 1-3 days after your treatment. Patients may apply an icepack (NOT direct ice) to the irritated area for 1-2 days in approximately 15- minute sessions 3-4 times per day.
6. Redness for 1-3 days is common. 12-hours post procedure, the patient may apply a hydrocortisone cream 3-4 times per day to reduce redness if needed.
7. Makeup can be applied 72 hours after treatment.
8. Avoid prolonged sun exposure or use of a tanning bed for at least two weeks after the treatment, as the skin that was treated will be more sensitive to the sun after your Sublative treatment.
9. Use SPF 50 daily to protect your skin after your treatment.
10. You will not look different tomorrow! Multiple treatments over a period of several months are required to achieve the desired outcome.

POST CARE

Please follow this skincare routine for the 7 days following your treatment for best results

AM:

Gentle Cleanser
Epidermal Repair
Skinceuticals SPF 50

PM:

Gentle Cleanser

Epidermal Repair

You may resume wearing makeup 72 hours post treatment. Avoid Retinols/Tretinoin for 2 weeks as this may irritate skin. Every patient's skin tolerates this procedure differently. Some may require repeating the gentler days before resuming a regular skin care routine.

Below is a list of approved skincare products. Highlighted in yellow are the medical-grade products we recommend for achieving the best outcomes.

Medical-grade skincare products are formulated with higher concentrations of active ingredients and undergo rigorous testing for efficacy and safety, like prescription medications. These products are designed to penetrate deeper into the skin, addressing specific concerns more effectively than over-the-counter options. By using medical-grade products, you're ensuring the most consistent and noticeable results. Think of it like a prescription—when tailored to your skin's needs, the results are more impactful and long lasting. For optimal skin health and the best possible outcomes, we recommend prioritizing the use of these medical-grade products. Please note, we cannot guarantee results if these guidelines are not followed, as medical-grade products play a critical role in achieving the desired outcomes.

Skinceuticals Gentle Cleanser or Soothing Foam Cleanser

La Roche-Posay Hydrating Gentle Face Cleanser
Vanicream Gentle Facial Cleanser
CeraVe Hydrating Facial Cleanser

Skinceuticals Epidermal repair

CeraVe Daily Moisturizing Lotion
Cetaphil Moisturizing Lotion
La Roche-Posay Cicaplast Balm

Skinceuticals SPF 50 or ISDIN SPF 50

La Roche-Posay Anthelios Mineral SPF 50
EltaMD UV Daily SPF 40 Mineral
CeraVe Hydrating Mineral Sunscreen SPF 30 FACE