

## Patient Instructions for Ematrix

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_

### Pre-Treatment Instructions:

1. Avoid the use of any prescription or over the counter **topicals with active ingredients** such as benzoyl peroxide, glycolic acid, retinoids, alpha hydroxy, etc. for **3 days** prior to treatment.
2. Avoid all **anti-inflammatory drugs for 1 week** before and after each treatment. (Advil, Aspirin, ibuprofen, Aleve, naproxen, etc.)
3. Avoid **all tanning methods** (sun, sun beds, creams) for **2 weeks prior** to and 1 month following treatment. Tanning should be avoided throughout the entire course of treatment. Tanning may cause possible hyperpigmentation.
4. Area should be **clean shaven** of hair.
5. Hydration with topical moisturizers and drinking plenty of water prior to and after treatment is essential to increase treatment effectiveness.
6. A topical anesthetic (numbing cream) may be applied to the treatment area at the patient's request and the clinician's discretion. If you experience any symptoms other than numbing of the affected area, notify us immediately.
7. The area to be treated must be free of makeup, creams, or oils. You will be asked to wash them off prior to the treatment if you chose to wear them.

### Post-Treatment Care:

1. Avoid the use of any prescription or over the counter **topicals with active ingredients** such as benzoyl peroxide, glycolic acid, retinoids, alpha hydroxy, etc. **until skin is back to normal** (3-7 days.)
2. Avoid all **anti-inflammatory drugs for 1 week** before and after each treatment. (Advil, Aspirin, ibuprofen, Aleve, naproxen.)
3. **Avoid all tanning methods** (sun, sun beds, creams) for 2 weeks prior to and 1 month following treatment. Tanning should be avoided **throughout the entire course of treatment which may last months**. Tanning may cause possible hyperpigmentation.
4. The treated area may have the sensation of **sunburn for 6-24 hours following treatment**, depending on the setting used. Avoid the use of ice for cooling. A cool compress or fanning can be used. Do not put anything frozen on the area.
5. **We expect erythema (redness) and edema (swelling)** at the treatment site which may last up to 7 days depending on settings used (typically 2-3 days). Smokers will likely have delayed healing time.
6. Blistered or ulcerated skin should be treated with over the counter bacitracin (assuming you are not allergic to any component) ointment until healed. **Do not touch or pick at these areas.**
7. Avoid hot water directly applied to the treatment area for 2 days.
8. Avoid cleansing with a **washcloth or loofah**, as well as using any exfoliating products/ masks until skin is completely healed.
9. You can apply make-up 12 hours after treatment. Use new makeup if possible to reduce the possibility of infection, including clean make-up applicators.
10. **Tiny scabs** will form after a day or so and remain for several days. The scabs should not be touched or scratched and should **be allowed to shed off naturally**.
11. **Moisturizer may be applied several hours (~1/2 day) after treatment, and then should be used regularly throughout the course of treatment.**
12. **Use at least 30spf sunscreen** and protect the treated area from sunlight for at least 1 month after treatment.
13. Call our office with concerns or questions that you have after the treatment.

**\*Compliance with care guidelines are crucial for optimal results, healing, and prevention of scarring or skin color changes.\*** 10/3/16 AC

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_