

# Brookridge

## AESTHETICS

### Pre & Post Treatment Instructions Accent Prime™ Micro-ablative Treatment

#### Before your treatment....

- Your clinician will perform a medical history assessment and check for contraindications.
- Pretreatment with topical hydroquinone, Tretinoin, and/or glycolic acid preparations for Skin Types III–VI may be helpful in reducing the potential risk of post-skin resurfacing hyperpigmentation
- Prophylactic oral antiviral agents may be helpful for the prevention of facial Herpes Simplex Virus 1 (HSV-1) reactivation until full re-epithelialization occurs. It is generally recommended to begin prophylactic antiviral agent 24 hours prior to RF resurfacing and continue as described per the agent protocol.
- Remove all jewelry or pendants, including necklaces, bracelets, watches, earrings, piercings, etc.
- Remove all makeup, moisturizers or oils from the treatment area.

#### After your treatment....

- Apply Aquaphor® (or equivalent) as needed for the next 2 days. Discontinue all other skin care regimen until day 7. Only gentle cleanser, moisturizer and use sunscreen for the next 7 days.
- On day 7, a microdermabrasion treatment may be recommended or the use of an aggressive exfoliator or micro-peel may be recommended
- Mineral Make-up is recommended and can be applied to minimize pixel appearance
- Avoid sun exposure during the pre- and post-operative period

#### Open Wound Care Technique post treatment instructions.....

- During the open wound care technique, soak with 0.25% acetic acid, normal saline or cool tap water for 20 minutes every 2 to 4 hours followed by gentle wiping of the skin.
- Cool compresses are immediately followed by the application of a bland emollient ointment. Popular ointments include Catrix®10, (Lescarden), and Aquaphor® Healing Ointment (Beiersdorf AG).
- The frequency of soaks and ointment application decreases as re-epithelialization progresses and is tapered off when re-epithelialization is complete (normally within 5 to 6 days).
- By 7 to 10 days after the procedure, soaks are replaced with gentle cleansing and patients switch to the application of a moisturizer sunscreen.
- Following re-epithelialization, gentle cleansing begins a day or two later. Ointment is replaced during the day by a lighter moisturizer sunscreen. At nighttime, ointment is more slowly replaced.
- Patients should return to the clinic 3 to 7 days post-treatment for examination of the treatment site and for additional treatment if necessary.
- If no additional treatment is needed, the patient should return for additional examination 2 months later.
- If adverse side effects (hyperpigmentation) occur, sun protection and post-resurfacing de-pigmenting agents such as hydroquinone can be used to help obtain resolution.

**Any questions/concerns - call our office at 903-315-2907**