

Collagen Lift Skin Tightening

Pre & Post Care Instructions



Pre-Treatment:

- ✓ DO NOT consume Alcohol or Coffee before coming in to your treatment.
- ✓ Please Avoid Injectables, Peels and Laser treatments prior to appointment.
- ✓ If you are having signs of cold or flu treatment should be rescheduled.
- ✓ Please Remove Contact Lenses when receiving treatment on upper or lower eyelids.
- ✓ If you have a sunburn, treatment should be postponed until tan/burn signs disappear.
- ✓ Discontinue use of any AHA and/or Retinol skincare products for 4 weeks prior to treatment.
- ✓ Discontinue any cleansers, creams, and serums containing acids such as salicylic, glycolic, and lactic 1-2 weeks prior to having any Collagen Lift Skin Tightening procedures performed.
- ✓ If under Dr's supervision please get medical clearance.

Immediately Following Your Treatment:

Your Collagen Lift Technician will provide aftercare instructions. She will apply a topical antibiotic and you may start tomorrow by washing your face with the step by step instructions below.

- ✓ When numbing cream wears off you will feel a slight tingling similar to a sunburn
- ✓ DO Not Apply ice
- ✓ DO Not Work out or Exert yourself
- ✓ DO Not take IBUPROFEN (ADVIL) only TYLENOL.
- ✓ DO Not Apply Make -up
- ✓ DO Not Consume Alcohol
- ✓ Do not lay on your Face or area treated
- ✓ No Sauna, Steam Room, swimming or sunbathing.
- ✓ No facials, Massages or Injectables till dots have completely peeled.

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Washing your face:

IT IS IMPORTANT THAT YOU KEEP TREATMENT AREAS CLEAN UNTIL SCABS HAVE FORMED & EXFOLIATED. This is the most important step in order to insure the best results and prevent the possibility of scarring or infection. Following Aftercare instructions exactly will ensure you achieve the best possible results.

- ✓ Keeps the treated area clean using a mild unscented foam cleanser twice a day (morning and night) gently splash the area with cool water and very gently clean with soap and rinse very thoroughly. Use very mild gentle pressure to clean skin dry by GENTLY PADDING SKIN..
- ✓ Gently apply your aftercare Spray or GEL to treated area as needed to relieve pain and or itching until your scabs have fallen off.
- ✓ IMPORTANT!!! PLEASE.... Allow scabs to come off on their own. This will ensure the best possible result and avoid scarring.
- ✓ Once Scabs have peeled off please avoid sun exposure and tanning beds. The skin is vulnerable and can easily become damaged by the UV rays causing hyperpigmentation. Please apply SPF to prevent sun damage.
- ✓ After scabs have peeled please nourish your skin with hydrating serums and moisturizers. Stay away from active products like retinols for 3-8 weeks after scabs have peeled.

AFTERCARE DON'TS:

- ✓ Do not pick the scabs. Let them fall off by themselves or you risk scarring & hyperpigmentation.
- ✓ Do not apply any make-up until the scabbing or peeling is complete (5-7 days).
- ✓ Do not apply any plasters (No bandages over area of any kind gauze or liquid) on the treated areas; doing so will delay the healing process.
- ✓ Do not work out, swim, get in a hot tub or steam bath (avoid sweating and soaking scabs).

SWELLING

This treatment produces fibroblasts which are responsible for the collagen production in your skin and it can only be produced when swelling takes place. Therefore keep in mind, 'Getting your swell ON is good!' You may take an antihistamine on the third day if needed and apply ice only if pain is unbearable.

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STAGES OF HEALING

Day 1: Try to lay propped up with pillows. Do not lay completely horizontal. Weeping from the treated area is normal as well as some discomfort. The swelling will likely be worse in the mornings and lessen towards the evening. You may find it difficult to open your eyes in the morning following the treatment however; it will subside throughout the day. It will feel like a bad sunburn.

Day 2: The swelling typically peaks by day 2. Keep in mind swelling is worse in the mornings and lessens through the day. Swelling can also spread to the under eye area. DON'T PANIC this is perfectly normal. The upper and lower eye are all connected therefore the fluids from the upper eye will drain to the lower eye area. This too shall pass. Discomfort is still present and to be expected on the second day.

Day 3: You will notice an improvement in the swelling and the “dots”. Your level of discomfort will have subsided dramatically the 3rd day. For those who experienced the under eye swelling, this may still be present.

Day 4: Some mild residual swelling may still be present on the upper eyelids. No more pain or discomfort should be felt. Dots should be dry and you should feel tightening of skin.

Day 5: Swelling should be complete and scabs may still be present. Keep up with recommended aftercare.

If you have any further questions or concerns about after-care please contact me at:

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Recommended After care:

O2 Spray

Silver Spray

Silver Gel

Antibiotic

V-Ointment

AM / PM

AM / PM

AM / PM

AM / PM

AM / PM

Day

Day

Day

Day

Day

