

lachelé

AESTHETICS & WELLNESS

Contour TRL Post Treatment Instructions

WHAT TO EXPECT POST TREATMENT

- Downtime can last 10-14 days, depending on the area treated and your body's own healing process.
- Immediately after treatment, most patients will experience erythema (*redness*) and a mild/ moderate sunburn sensation for 1-3 days; however for more aggressive treatments this may last longer; up to a few weeks.
- Moderate swelling can occur for 3-4 days. Swelling will increase over 24-48 hours and begin to subside thereafter. Benadryl at night and sleeping on an incline (*2 pillows behind head*) will help with this.
- Oozing and yellow brown crusting over the treatment areas is common. This generally persists for 3-5 days. **Consistency with vinegar soaks will help this subside and encourage healing.** We recommend vinegar soaks 3-4x daily for the first week (See attached *Vinegar Soak Protocol*). We recommend using the soaked gauze to gently pat oozing.
- The skin will appear dark red by day 4-5 and should gradually fade over the next 10-14 days. A sunburn light pink appearance may linger for 4-6 weeks, but can easily be covered by makeup.
- **Immediately post-treatment**, once the skin has cooled down, we will apply an occlusive agent (Aquaphor or Vaseline) before your departure. Continue use of vinegar soaks and Aquaphor **until seen by your provider at 1 week follow up.**
- Use clean pillow cases, sheets, towels, and cloths/ hand towels each day for the first 7 days post treatment. Sleep on an incline (or extra pillow) to combat inflammation. Avoid sleeping with pets for 7 days post treatment.
- Avoid **vigorous workouts, hot tubs, saunas, and any other causes of excessive heat for 1 week post treatment.**

POST 1 WEEK FOLLOW UP APPOINTMENT

- Recommended after-care products : **Plated Intensive, Alastin Skin Nectar, SkinMedica TNS Recovery Complex, or La Chelé Line Free Serum.**
- **Cleanse the treated area twice daily** with water and a gentle facial cleanser, **pat dry** with a clean towel. Do not rub, scrub, or pick at the skin.
- There are no restrictions on bathing except to treat the skin gently, avoid hot water, and avoid scrubbing or causing trauma to the treated area. Treat the skin as if you had sunburn.
- **Do not use acids, alcohol-based products, toners or exfoliants for at least 4 weeks post treatment.** Keep skin moist to promote healing. Do not exfoliate or pick at any crusted areas.
- Continue to take any prescription medications as directed by your provider. You may take Tylenol or Benadryl as needed.
- Avoid sun exposure for at least 4 weeks post treatment. The use of a zinc oxide sun block SPF 30+ at all times is recommended once skin is back to baseline (post 4-weeks). We recommend **Elta MD sunscreens**, sold in our offices.

-Refrain from the following activities until your skin has fully healed:

- o Shaving or waxing
- o Makeup should be avoided until you are given the okay by your provider
- o Using tanning beds and sunless tanning creams
- o Scrubbing, scratching and/ or picking at the treated area(s)
- o Submerging the treated area in water such as pools, whirlpools, oceans, etc
- o Activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise

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*****Vinegar Soak Protocol*****

1. Buy distilled water or boil water at home and cool.
2. Measure 2 cups of the boiled or distilled water into a clean, heat-safe bowl and allow it to cool until warm and comfortable to the touch.
3. Add 1 tablespoon of white vinegar to the warm water and mix gently.
4. Place a soft washcloth or microfiber towel into the bowl to fully saturate it.
5. Wring out the cloth so it is damp but not dripping, then place it over the single treatment area (one eye or the area around the mouth).
6. Lay the cloth over the area and gently press it against the skin. 7. When the cloth begins to cool, gently wipe away the oozy or sloughing layer of skin. You may notice a small amount of skin residue on the towel. Do not rub or scrape.
7. Repeat this process 3–4 times over the same area until the skin is no longer sloughing onto the towel.
8. Apply a generous layer of Aquaphor to the treated area to keep the skin moisturized and support healing.
9. Repeat steps 4–9 for any remaining treatment areas (around the mouth or the other eye).
10. Repeat the full protocol 3-4 times daily until crusting or oozing has resolved, typically within 5-7 days.

Important disclaimer:

For optimal results and to help prevent post-treatment complications, vinegar soaks are essential and *must* be completed. The work you do at home with these soaks directly impacts your outcome—consistent care leads to better results. Please make sure to perform these soaks three to four times per day until skin is healed.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com