

# lachelé

AESTHETICS & WELLNESS

## Moxi™ Post Treatment Instructions

### CLEANSING

Cleanse the skin two times per day with plain, lukewarm water and a *gentle* cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. **DO NOT rub, scrub, use an exfoliant** or ultrasonic skincare brushes on the treated area. We recommend **SkinMedica's Facial Cleanser**, sold in our offices.

### MOISTURIZING

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. **DO NOT apply any other products** that were not instructed by your provider - *eg. essential oils, coconut oil, etc.* We recommend **La Chelè Moisture 150** for your moisturizer and **Alastin Skin Nectar** for increased healing. Both of these products are sold in our offices.

### SUNSCREEN

**Sunscreen is a MUST** and should be used daily, 24 hours post treatment. Sunscreen should be used **every day of the year**. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30+. Ensure to reapply during sun exposure. We recommend **Elta MD Sunscreens**.

### WATCH-OUTS

For general post-treatment discomfort and swelling, an over-the counter oral antihistamine or pain reliever may be used. If an anti-viral was prescribed, continue to take as directed. **Avoid scratching and itching**, as scarring and pigmentation complications can occur.

### TIPS & TRICKS:

Use a soft cloth and soft towels to avoid any scrubbing.

There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection:

- o Drainage- looks like puss
- o Increased warmth at or around the treated area after the initial warmth has ended
- o Extreme itching/ fever

### OTHER

Makeup can typically be worn once the swelling or any of the peeling process is complete.

Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation and hypopigmentation.

When showering, avoid using very hot water.

Avoid strenuous exercise, saunas, and sweating until after skin has healed.

**If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our **prescriptive La Chelè Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, for 2 weeks prior to treatment, and **no longer than 3-6 months post treatment**. After this period, **discontinue use for an additional 3-6 months** before resuming. During your off months, substitute with **Skin Medica's Even and Correct** line.

### **Feeling of Warmth**

The treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.

### **Redness (Erythema)**

Redness is normal and expected. Redness generally increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the intensity treatment. Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.

### **MENDs**

MENDs (*microscopic epidermal necrotic debris*) will appear on the 2nd or 3rd day after treatment as tiny dark spots and beonzed appearance to the treated skin.

MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. **Do not pick at your skin.**

### **Possible Side Effects: Swelling (Edema)**

Swelling is common and expected immediately after treatment. Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.