

Irvine Eye Physicians and Surgeons Inc.
David W. Chia, M.D. FACS | Stacy Chia, M.D. | Li-Li S. Chia, M.D., Ph.D.
15785 Laguna Canyon Road, Suite 300, Irvine, CA 92618
Tel/Text: (949)753-1163 | Fax: (949) 753-1949
Web: <http://drchia.com>

RECOMMENDED PRE & POST CARE FOR SECRET RF TREATMENTS

For best results please follow these instructions

BEFORE YOUR TREATMENT:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved. Please remove all jewelry before
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants (examples below) a few days before and after treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Avoid any NSAID (non-steroidal anti-inflammatory drugs) such as aspirin, ibuprofen or Aleve for 2 weeks prior to the procedure to minimize bleeding
- Notify the clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment. If you have an active cold sore you may want to postpone treatment.

AFTER YOUR TREATMENT:

- Immediately post-treatment, apply gauze soaked in isotonic saline solution to the treatment area and let sit for 5-15 minutes
 - After saline solution soak, apply a post-procedure barrier ointment such as Vaseline, Aquafor, etc.
 - Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area
 - Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
 - Avoid heat – hot tubs, saunas, etc. for 1-2 days
 - Avoid skin irritants (examples below) a few days before and after treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
 - Bruising, redness and swelling may occur and resolve with time
 - More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
 - Multiple treatments are required
 - Notify the clinic of any concerns (blistering, excessive redness/swelling, etc.)
 - Consult with the clinic about when to resume skin care regime

 - Additional instructions: _____
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