



## Tixel Pre- and Post-Treatment Instructions

### *Pre-Treatment Instructions:*

- Please refrain from wearing any makeup to your appointment.
- Avoid excessive exfoliating or deep dermal treatments for 2-4 weeks prior to your treatment. Your care provider will be able to guide you in this regard.
- Avoid sun exposure for 1 week prior to your treatment.
- Avoid self-tanners for 1 week prior to treatment.
- Avoid antihistamine and anti-inflammatory drugs for the 1 week prior to your appointment, as these classes of drugs will negate your treatment effects.
- Stop your retinols 72 hours prior to treatment.
- If you have a history of oral/perioral herpes, please start prophylactic Valtrex 24-48 hours before your treatment. If you need a prescription, please contact the office at the phone number below.
- Treatment cannot be provided if you have been on Accutane in the previous 6 months.

### *Post-Treatment Instructions:*

#### First 24 hours:

- Do not use any products on your skin, except for those given to you by your provider.
- Avoid excessive heat and sweating, including exercise, hot baths, and shows, and saunas.
- Avoid sun exposure.
- Avoid antihistamines, anti-inflammatories, and ices as these will decrease your treatment effects.
- Sleep with your head elevated to decrease swelling.
- Stay well hydrated, drink plenty of water.

#### After 24 hours:

- Use moisturizers and skin care products as recommended by your provider.
- Do not exercise if you continue to have swelling in the treated area.
- Continue to avoid the sun.
- You can apply make-up and sunscreen.
- Continue to stay well hydrated.

#### Day 5-7

- Start using retinols, vitamin C serums, and glycolic acid treatments once your skin is healed.

**UNTIL YOU ARE FULLY HEALED, AVOID EXCESSIVE ALCOHOL, SMOKING, AND EXFOLIATION.**

*Results and what to expect:*

- A sensation of heat may last for several hours following your treatment.
- Redness, swelling, and marks from the treatment may last for 3-10 days, depending on the intensity of your treatment.
- You can expect some sloughing of the skin on days 3-5 while washing the treated area.
- Tixel treatments have best results when performed as a series of procedures. You will not see major changes after just one treatment.

If you have persistent and excessive pain, oozing and crusting of the skin, heat and severe tenderness after the initial swelling has resolved, please contact the office or go to the nearest emergency room.

*If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.*