



Venus Viva RF Resurfacing Pre & Post Care

Pre Care

- Avoid excessive sun exposure up to 2 weeks before your treatment and for the duration of your series of treatments.
- Discontinue the use of Accutane for 6 months prior to the procedure.
- Discontinue the use of active products such as Retin A, Hydroquinone, and other AHAs for 3 days prior to the procedure.
- If you have a tendency to develop cold sores, report this to us so that we can treat you prophylactically to prevent an outbreak.
- Be sure to have any of your questions answered regarding post treatment expectations and skin care products before you leave, as post care is the most important part of the process to produce optimal results while your skin recovers.

Post Care

- CLEAN – Use a gentle cleanser with tepid water for the 48-72 hours after the procedure and dab gently to dry the skin.
- HYDRATE – Your skin will feel more dry than usual. Use an appropriate moisturizer that is non-irritating.
- MAKEUP - It is recommended that you not use makeup at all for the first 24 hours after your procedure, and only mineral makeup as needed, applied with a clean brush and hands.
- PROTECT – Protect your investment. After the procedure, avoid sun exposure. After 24 hours, apply a broad-spectrum UVA/UVB sunscreen with SPF 30+. Avoid swimming, sweating or excessive heat.

- Most clients will resume their prior skincare regimen sometime during the second week post-procedure, including retinols and AHAs.
- Only mineral makeup should be used days 3 to 7 post procedure. Not all mineral makeups are created equally so use caution. Some contain talc or other impurities which could cause a skin reaction, yet market themselves as mineral makeup.
- The duration of swelling and redness will vary according to individual. On average, swelling lasts 1 to 2 days and minimal redness may persist for another 5 days.
- Although the skin appears to be intact, microscopically there are tiny 'holes' present which increase the risk of infection. Wash your hands frequently and/or use alcohol based hand gels. Avoid touching your face as much as possible. Anything which touches the skin, particularly in the first 3 to 5 days post-procedure, must be clean. This is why we recommend only the use of mineral makeup powder (which does not support the growth of bacteria that can contaminate makeup) during this time. Use disposable makeup sponges for application, or be sure to thoroughly wash your makeup brushes with brush cleaner prior to using them in your recovery phase. Keep anything that touches your face (masks, phone, pillowcases, etc) clean at all times.
- Although improvement can be seen even after 1 treatment, expect multiple treatments will be needed for maximum results. Collagen-building will continue to occur even up to 3 months after your final treatment.

Approved Post Care Products:

ALASTIN Soothe + Protect Recovery Balm

Cleanser: ALASTIN Ultra-Calm Cleansing Cream

Moisturizers: ALASTIN Ultra-Nourishing Moisturizer

If you have any questions or concerns, please do not hesitate to contact us at angie@faceforward.info or 512.766.9396.