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POST-TREATMENT INSTRUCTIONS FOR: AVAVA / MIRIA

FOR THE FACE:

What should I expect after my treatment? The treated area may turn slightly red and swollen, which may last for several days. After approximately 7 to 10 days, and depending on the condition you had treated, you may experience many small black specks (peppery-like appearance) on the treated area. You may also experience tenderness, itching, and dry patches of skin.

What should I do to the treated area post-operatively? You may apply ice packs on the day of your procedure, not during sleep, in the morning following your procedure, or as often as you like for comfort. Sleep with your head elevated.

Day 1 (day of procedure), Day 2, and Day 3:

- Use a gentle cleanser, such as Cetaphil or Alastin Calming Cleanser in the a.m. & p.m.
- DO NOT apply any skin care products

Day 4, Day 5, and Day 6:

- Use Alastin Gentle Cleanser (in the a.m. & p.m.)
- Apply Alastin Ultra-Light Moisturizer (in the a.m. & p.m.)

Day 7 – 14:

- You may begin a daily skin care routine, as follows:
- Alastin Gentle Cleanser in the a.m. & p.m.
- Alastin Skin Nectar in the a.m. & p.m.
- Alastin Ultra-Light Moisturizer in the a.m. & p.m.
- Sunscreen in the a.m. only.
- You may apply makeup if your skin is not irritated on **Day 8**.

FOR AREAS OTHER THAN THE FACE:

- Apply a moisturizer on the treated area

Medications that may be prescribed: Valtrex, Doxycycline, Prednisone (Physician Discretion)

May I be exposed to the sun following the treatment? Direct exposure to sunlight should be avoided following your treatment.

When should I return for further treatment? Additional treatments vary from patient to patient. We will let you know if additional treatments are required.

EMERGENCY CONTACT INFORMATION

Call 212-663-0400 should you have questions or concerns about your treatment