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M.B.A.**

POST PROCEDURE INSTRUCTIONS – SOFWAVE

For Pain:

There should not be pain following this procedure, however, if needed, take Extra Strength Tylenol. Avoid Motrin, Advil, Ibuprofen, Aleve and Aspirin products until the day after your procedure.

Treatment for your skin:

Wash you skin with cool water and a gentle cleanser after the procedure. If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until the “blush” has subsided (usually within the hour). Avoid exfoliation for at least one week or until sensitivity in the treatment area(s) has subsided. Makeup (preferably mineral-based) may be applied immediately post-treatment, and soothing, non-irritating creams or moisturizers may be used. Use a sun block with SPF30 or greater if going out in the sun to prevent sun damage.

Immediately after your procedure:

You are able to return to your normal activity right way. There are no special measures that need to be taken. Your skin may appear a bit flushed immediately after the treatment, but any redness should disappear in a matter of hours. You may also feel mild tenderness under the treated area(s), which is normal. This indicates that the healing process is underway and that new, healthier collagen is being generated.

Results:

The regenerative process is initiated right away, but the full effect will gradually appear over two to three months. Multiple treatments are recommended.

EMERGENCY INFORMATION

Should you have any questions or concerns following your procedure, please do not hesitate to call the office at 212-663-0400. Follow the telephone prompts.