

**(530) 222-3678**

# PRE- AND POST-PIXEL INSTRUCTIONS

1. **OVER THE COUNTER (OTC) POST-PROCEDURE SKIN CARE ITEMS TO PURCHASE PRIOR TO YOUR PIXEL:**
2. You will need to purchase a small tube or jar of **Aquaphor** for use the day of treatment.
3. **Hydrocortisone Ointment**€ OTC for use the day of treatment.
4. You will need **Post-procedure face wash** such as Bioderma which can be found at CVS or Tolerance Extreme Cleansing Lotion which is available at Artistry Aesthetics. If you choose to use another brand of face wash within the first 3-5 days, please ensure it is a post-procedure or sensitive skin wash that does not contain any acids. Examples: alpha or beta-hydroxy acids or Vitamin A derivatives like retinol or retin-A.
5. We are currently in talks with our suppliers regarding sample size products to include in your laser package, however, this will NOT include the sunscreen we recommend for continuous use from now on. Until this occurs, **we offer the items a-c below (#2) at 60% of the regular cost to all Pixel patients**.
6. **SUGGESTED POST-PROCEDURE ITEMS:** items a-d sold at 60% of the cost to PIXEL patients.
7. **Replenix 50+ SPF Zinc Based Antioxidant Sunscreen—**dermatologist recommended for regular use
8. **Lipid Recovery Cream**—safe, non-comedogenic, gentle, all-around moisturizer
9. **Cicalfate (CONTAINS SULFA)\***—healing cream
10. **Post-Procedure or Sensitive Skin Face Wash**
11. **Thermapearl Face Mask (price already discounted)**—face mask that can be frozen or warmed in the microwave
12. **Aquaphor (must be purchased OTC)**—Occlusive layer
13. **Hydrocorisone OINTMENT(must be purchased OTC)**—mix into the occlusive layer
14. **WHAT TO EXPECT DURING A PIXEL:**
15. We will use the Zimmer, a cool air machine, during the procedure to increase comfort and prevent Post-Inflammatory Inflammation (PIH).**£**
16. The Pixel will feel hot. The more “hits” in a row, the more heat you will feel.
17. Post-procedure, we allow you to continue cooling with the Zimmer while we ready a frozen Thermapearl face mask to apply to the face for 5 minutes.
18. After icing a **SOFT MIXTURE** of 50+ SPF Zinc Based Antioxidant Sunscreen, Lipid Recovery Cream, and Cicalfate (a, b, and c above) will be applied. Excess will be sent home with you--only enough for 1 more application.
19. This is followed by an **OCCLUSIVE** mixture of Aquaphor and Hydrocortisone Ointment to decrease the burning sensation. Again, small amounts of excess may be sent home with you, but it’s not meant to supply your entire recovery period.
20. **TREATMENT-DAY PEARLS:**

**• We will give you 3 small cold packs today:** use for **NO MORE than 20 minutes ON and 20-45 minutes OFF‡** for the first 2-3 hours to prevent swelling, and again before going to bed.

• Icing the first day is REQUIRED regardless of whether your skin burns! Icing minimizes thermal damage and decreases inflammation, swelling, and pain.

**• Ice on Day 2 ONLY if you have pain or swelling.**

• If you requested an aggressive treatment or have a low pain tolerance, **we highly recommend you purchase the Thermapearl face mask for your comfort and ease.**

•We recommend you **turn the Air Conditioner in your car on the highest setting and direct the flow to your face** while you drive home.

**•Later, you may want to add more of the OCCLUSIVE—icing and normal wear will thin this layer and result in hot spots.**

**•If the burning sensation is minimal, you may wash your face tonight with cool water and a gentle soap CAREFULLY. DO NOT exfoliate for the next 5 days.**

1. **ORDER OF APPLICATION OF POST-PROCEDURE ITEMS:**
2. **Apply the SOFT MIXTURE (above in #3) after washing your face, usually the next morning:** This mixture should be worn from sun-up to sun-down daily, regardless of the weather or sun exposure for the next 2 weeks. After 2 weeks, a Zinc-based Antioxidant Sunscreen with SPF 50+ should be worn daily for 2-3 months to prevent damage to the skin (ie worsening Melasma, hyperpigmentation, PIH). We highly recommend you continue wearing this sunscreen on your face, neck and chest daily from now on to maximize and prolong your Pixel results.**≠**
3. **The OCCLUSIVE layer is applied AFTER the soft layer OR anytime in the first 24 hours you feel hot spots. The occlusive should be stopped as soon as the burning sensation resolves. This may take 12 hours or it may take 2 days:** apply in a thin layer to any areas that feel hot or burn. ONLY use while the burning sensation persists.
4. **Ice!! Ice the treated area(s) for 20 minutes or less as often as needed. Icing prior to bed time may decrease morning swelling.**
5. **When outdoors, wear a broad-brimmed hat (baseball caps DO NOT count) to prevent visible light damage to your skin for the first 2 weeks after treatment.** Most patients choose to avoid going out the first 36 hours after treatment.
6. **Sleep on 3+ pillows the first few nights to prevent excessive swelling.** Ice before bedtime each night. While only a small number of patients have swelling around the eyes, it is unpredictable.
7. **WHAT TO EXPECT AFTER THE FIRST DAY:**
8. The heat and burning usually lasts 24-48 hours. Icing is essential to treating this and preventing worse pain on day 2-3.
9. The hot, burning sensation should be gone by day 3. After this, most people note the skin feels very tight and more wrinkled than usual. As soon as the peeling starts, this sensation will resolve.
10. Peeling usually begins on day 3 or 4. It is a fine peeling (ie, not in large sheets) and some areas may peel more than once.
11. Acne often resolves, as does hyperpigmentation from acne scars. However, in a rare few, small pustules can erupt over the entire face and neck. This is a HEAT HYPERSENSITIVITY REACTION. If this occurs, call immediately. Usually a short course of antibiotics will resolve the issue.
12. We have had many patients and staff report that old cystic acne, as well as new cysts, drained and cleared post-Pixel of IPL.
13. **PROTECT YOUR SKIN!!**

€ **Hydrocortisone Ointment (HO)** ONLY is to be added to the Aquaphor. Hydrocortisone Cream has ingredients that will cause burning and irritation to the skin. To use, add 1 part HO to 4 parts of Aquaphor.

**\* Cicalfate** is sulfa based. Most patient with oral Sufla allergies do not have problems with the topical form. However, to be safe, please inform Dr. Farley or the staff if you have a Sulfa allergy.

**£ PIH** can occur in even light skinned patients if there is ANY darker skin individuals in your family background (Native American, Mexican, Spanish, some Asian ethnicities, etc...), please notify Dr. Farley.

**‡ Icing longer than 20 minutes will cause vasodilation (opening of the blood vessels),** allowing cell proteins like cytokines to be released. These proteins then trigger an inflammatory reaction leading to more swelling and pain, which we are trying to avoid.

**≠ Sunscreen is absolutely required for 8-12 weeks after a Pixel or IPL.** Your skin will be more sensitive to damage and PIH during the 2-3 months post-treatment. We highly recommend for those months that you: 1) Wear a 50+ SPF Zinc-based Anti-oxidant Sunscreen daily from sunup to sundown. Reapply frequently if outdoors or if swimming; 2) Wear a broad-brimmed hat (a baseball hat DOES NOT count) while outdoors; 3) Avoid direct sunlight for the first 2 weeks after the procedure; 4) If you wish to prevent rapid aging signs (such as dark spots & wrinkles), wear the above mentioned type of sunscreen on your face, neck, and chest daily, 365 days of the year regardless of weather.

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