



## **Fibroblast**

### **Pre treatment**

Retinol products, Hydroxyl acid, differin gel, glycolic/salicylic acid and Vitamin A must be discontinued 1 week pre treatment.

### **What to expect**

Your skin will have a sunburn like sensation for up to 72 hours post treatment which will progress to dry and itchy as scabs form and healing commences. This is normal and the desired effect.

You will experience swelling on and around the treatment area which will be worse first thing in the morning. This is normal and can be decreased by sleeping with an extra pillow at night and ice packs during the day.

The dots will get darker as they heal and scab. It is very important not to pick at these and let them fall off naturally.

You will be left with slight indentations on the skin once the scabs have come off. These will disappear as the new skin regenerates but can take up to 3 months to disappear.

### **Post treatment**

Gently wipe treated areas with salt water ONLY until the scabs fall off. DO NOT pick scabs off early as this may lead to scarring and pigmentation development. Use colloidal silver on the treated area after washing and as required until all scabs have fallen off.

If you have excessive swelling, pain or itching you may use ice packs on the affected area but ensure they are dry as you do not want scabs getting wet and soggy. An oral antihistamine or thin layer of gentle (0.5%) steroid cream may also be applied. Some minimal discomfort and a sunburn like feeling is normal and can be expected for a couple of days post treatment.

If you have had treatment on your face, try to sleep on your back with an extra pillow on the first couple of nights. This will help to decrease swelling and discomfort.

Do not wear makeup, concealer, mascara, face cream or sunscreen (other than colloidal silver) until the scabs have fallen off. You may return to your regular skincare and makeup routine at this time. **DO NOT** use any retinol products for 2 weeks post treatment.

Avoid strenuous exercise, heat or steam for 24 – 48 hours post treatment as this will increase the irritation and inflammation.

Sunscreen **MUST** be applied daily, or more frequently if in the sun, for 3 months post treatment. Direct sunlight should be avoided as you are at increased risk of hyperpigmentation during this time. No sunbaking for minimum 3 months – preferably never!

