

IntracelRF/Potenza

What to expect during and after your procedure

During your procedure:

- Topical numbing cream will be applied to the area being treated for 30-60 min. prior to treatment. In some cases, your doctor may inject lidocaine into the skin in lieu of numbing cream.
- There will be multiple passes made over the treatment area with the hand piece.
- You will feel some slight discomfort like a mild sting or snap.

After your procedure:

- Serum, moisturizer, and/or sunscreen may be applied to the treated area after your procedure.
- Sensation of heat/intense sunburn (will subside throughout the day). It is OK to take Tylenol or Ibuprofen as needed.
- Redness and mild swelling will occur immediately after treatment. Swelling typically peaks at 48-72 hours and should subside in 5-7 days. Sleeping with your head slightly elevated at night for the first 3 nights will help minimize swelling.
- You may experience mild crusting of the skin approximately 1-5 days after treatment. Crusts will disappear naturally in approximately 7 days. Soaking the skin in a warm shower for 10-15 minutes and massaging gently with the fingertips can help with the sloughing.
- Application of ice packs (10 min. on and 10 min. off) the day of procedure and the following day will help reduce sensation of heat and help to minimize swelling.
- **NO RUBBING, PICKING OR WIPING TREATMENT AREA.**
- It is OK to cleanse with a **GENTLE SKIN CLEANSER.**
- Avoid harsh topical products or alcohol-based toners for 2 weeks, otherwise you may resume your normal skin care regimen as directed by your Physician 24 hours after treatment.
- DO NOT use a washcloth or anything abrasive to cleanse.
- Avoid sun exposure on the day of treatment. Apply sunscreen with Zinc Oxide and/or Titanium Dioxide and SPF daily (minimum SPF 30). Protect treated area from the sun both indoors and outdoors (hat, sunglasses, sunscreen). Reapply sunscreen every 2 hours.
- **DO NOT** apply make-up until you have peeled, or you have been instructed by your Physician.
- A series of treatments may be recommended to achieve optimal results.
- Follow any additional specific post treatment instructions from your Physician.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date:
