



**Recommended Pre & Post Care Vivace Treatments**  
*For best results please follow these instructions.*

Preparing for your treatment:

- Review the *Bruise Prevention Protocol*. You can find it on our website.
- Some blood-thinning medications or supplements may increase the risk of bruising. Consult with your physician.
- At least 1 week prior to treatment, stop using “active products” including: Tretinoin, Retin-A, Renova, Differin, Tazorac, retinol AND exfoliating or irritating products, including benzoyl peroxide, glycolic/salicylic acids and astringents.
- Wait at least 1 week after injections such as Botox.
- No sun tanning or self-tanners for 2 weeks before treatment.
- No chemical peels, waxing, etc. for 2 weeks prior to treatment.
- Wait at least 2 weeks after dermal fillers in the treatment area.
- History of cold sores or herpes may require an anti-viral prescription prior to treatment.
- To reduce the risk of allergic reaction, wash your pillowcases and some washcloths and towels using a hypoallergenic laundry detergent without dyes or fragrance. Don't use fabric softeners or dryer sheets.

Day of your treatment:

- Arrive with a clean face and be **well-hydrated!**
- Don't exercise today, either before or after your treatment.
- Avoid makeup and skin care products for 24 hours. If you feel you must wear makeup, wear only pure mineral makeup and apply with a clean brush.
- Do use the post-procedure skin care products provided or directed by your technician.
- You can use a gentle cleanser to gently wash the treatment area. Ask your technician if you are unsure.
- Keep the treated area very clean. Avoid touching the treatment area. Don't allow your cell phone, pets or other people to touch the treatment area.
- Use the washed pillowcases, washcloths and towels above.
- Avoid heat – intense exercise, intense sun, hot tubs, saunas, hot showers, etc. for 2 days.
- It is normal for skin to feel “sunburned” and/or tight. You can take Ibuprofen or acetaminophen if needed.

Day 2 and beyond:

- You can use your regular skin care products and makeup after 24 hours, but wait 2 weeks to resume active products, exfoliating or irritating products.
- Redness similar to a sunburn, and mild swelling may last up to 48 hours post treatment. Should you experience major swelling around the eye area, please call the office. We may prescribe an oral steroid.
- Light peeling may occur a few days after treatment. This normally resolves in 4-5 days.
- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunscreen with SPF 45 or greater to minimize the risk of hyperpigmentation in the treated areas. (Appropriate sunscreen products are available at our office.)
- If you experience minor itching or allergic reaction of the skin, an oral antihistamine such as **Benedryl** may be helpful. In the unlikely event you experience severe allergic symptoms affecting the mouth or difficulty breathing, call 911.
- You might see “track marks” after a few days. Do not pick! Any discoloration should resolve in a few days.
- Wait 1 week to use a cleansing brush.
- Wait 1 week to use home needling rollers for at least 1 week. This increases the risk of infection.
- Wait 1 week to use products containing artificial colors, perfumes, emollients, or propylene glycol.
- Wait 1 week to get injections such as Botox in the treated area.
- Wait at least 2 weeks before getting a chemical peel or waxing.
- Wait at least 2 weeks before getting dermal fillers in the treated area.

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- Using products containing hyaluronic acid, copper peptides and growth factors can aid in healing. (These products are available at our office.)
- Remember that several treatments are necessary for collagen remodeling. It may take up to 3-4 months after treatments for full effect.

Treatment is not recommended if you are pregnant, you have scars less than 6 months old or if you had facial fillers in the past 2 weeks. You are not a candidate for this treatment if you have: a history of scleroderma, collagen vascular disease or cardiac abnormalities, or if you have blood clotting problems, an active infection or immune suppression.

You should advise your technician and discuss whether treatment is appropriate at this time if you have a history of rosacea, eczema, psoriasis, actinic keratosis, keloid or raised scarring, herpes simplex or cold sores; if you have raised moles, warts or lesions in the treatment area; if you are being treated for skin cancer; if you are taking blood thinning medication; or if you have diabetes or other chronic medical conditions.

Please call the office immediately at **(480) 785-2100** if you experience intense pain, burning, blistering, severe redness, swelling or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.

Additional instructions: \_\_\_\_\_  
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