

## Moxi Post-Care Instructions

### What you may feel and look like:

- Immediately after the treatment, the treated area may be extremely warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
- Cold compresses may provide comfort during this time. Also, a mineral water spray might provide some relief and much needed moisture to the skin.
- Redness is normal and expected. Redness increases in intensity for the first few days after treatment with day 3 usually being the most intense. Redness can persist for up to 7 days depending on the intensity treatment.
- Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.
- MENDs (*microscopic epidermal necrotic debris*) will appear on the 2nd or 3rd day after treatment as tiny dark spots “coffee grounds” and bronzed appearance to the treated skin.
- MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick or rub your skin.
- - Swelling is common and expected immediately after treatment.
- Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days.
- Follow your clinician’s aftercare plan until skin is completely healed – typically one week after the treatment. The skin on your body might take longer to heal, compared to your face.

### Immediately After Treatment:

- We recommend Alastin Skin Nectar to speed healing, followed by a gentle moisturizer. Use of icepacks helps alleviate the warm sensation.
- If needed, oral pain relievers, i.e., Extra Strength Tylenol or Advil, may be used.
- If an anti-viral was prescribed, continue to take as directed.
- Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl but can cause drowsiness.
- Cleansing: Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands and gentle patting motions. When showering, avoid getting shampoo directly on the treated area. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.
- **Moisturizer** should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your provider - eg. essential oils, coconut oil, etc.
- **Skin Care Products, Scrubs, Toners, Glycolic Acid, and Retin A** - Your skin will be sensitive for the first 2 weeks or so after treatment. Do not use products that will cause irritation during this time such as exfoliants or Retin A, shaving, too hot or too chilly water and swimming pools and spas with multiple chemicals/chlorine

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### Immediately After Treatment:

- **Sunscreen** is a MUST and should be used daily at the beginning of the day of treatment and used consistently. Use sunscreen with Broadband UVA and UVB protection and a SPF of at least 30. Ensure to reapply during sun exposure. DO NOT expose your skin to direct sun exposure for 14 days (about 2 weeks). The treated area is more prone to sunburn and pigmentation change. Wear a wide-brimmed hat or protective clothing for 2 months post treatment to avoid blistering, scarring, hyperpigmentation, and hypopigmentation.
- **Make-up** can typically be worn when peeling process is complete. Sterile make-up can be worn Day 2.
- **Avoid** strenuous exercise and sweat until after skin has healed.

### What products to use after Moxi Laser Treatment:

- **Gentle cleanser:** IS Clinical Cleansing Complex or ELTAMD Foaming Cleanser
- **Alastin Skin Nectar** to decrease inflammation and boost the results of laser treatment
- **Gentle moisturizer:** SkinMedica Replenish Hydrating Cream or IS Clinical SHEALD
- **Sunscreens:** At least an SPF 30+ offering broadband protection such as SkinMedica Daily, Alastin Tinted Sunscreen, or ELTAMD UV Clear.
- Remember, it takes a series of 3-5+ treatments to see the results of your newly rejuvenated skin.
- There may be some degree of swelling immediately post-treatment, however if you experience excessive swelling or any of the following signs of infection, you should contact the office immediately.

### Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever
- Extreme itching