

Profound Care Sheet

PRE-TREATMENT

- Women that are pregnant should not receive Profound. If you are nursing and would like to pursue treatment we ask that you consult your PCP for clearance.
- Avoid direct sun exposure & tanning beds for 2 weeks prior to your appointment.
- We ask that if you are currently taking oral antibiotics or steroids that you discontinue the medication for 10 days prior to your appointment.
- If you are currently taking or have taken a medication in the Isotretinoin family, such as Accutane, we ask that you wait at least 6 months before pursuing Laser Hair Removal.
- It is best if you arrive at your appointment free of makeup, perfume, lotion or deodorant in the treatment area.
- Your provider will help guide you in your current homecare routine and make recommendations on what to avoid. As a general rule active ingredients such as acids (glycolic, salicylic, etc), retinol products (Rx or over the counter) or topical prescriptions such as antibiotic or steroid creams should be discontinued 7 days prior to your appointment. The exception to this would be if you are using our suggested Environ Vitamin A treatment cream or serum (Youth Essentia A or Skin Essentia A). These products should always be used leading up to your treatment.
- If you are prone to Herpes Labialis outbreak, we suggest pretreating with an Antiviral medication for 2 days prior to your treatment and two days post treatment. Dream Spa Medical is happy to provide you with a prescription assuming that you are a candidate for this prescription.
- Your provider will help guide you in your current homecare routine and make recommendations on what to avoid. As a general rule active ingredients such as acids (glycolic, salicylic, etc), retinol products (Rx or over the counter) or topical prescriptions such as antibiotic or steroid creams should be discontinued 7 days prior to your appointment. The exception to this would be if you are using our suggested Environ Vitamin A treatment cream or serum (Youth Essentia A or Skin Essentia A). These products should always be used leading up to your treatment.
- If you have a lidocaine or epinephrine allergy or sensitivity you are not a candidate for this treatment.
- Your provider may decide based upon your skin type to have you do a pre-treatment course of topical products. This will be discussed in detail at your consultation, if you are a candidate.
- We always suggest hydrating as much as possible prior to any treatment at Dream Spa Medical. It is a great way to help your body function at its best as well as help to accelerate your healing time and enhance results.

POST-TREATMENT

- The treated area will feel uncomfortable and warm post treatment. Redness, swelling, and a hive like appearance in the treated area are an expected and desired response. Your provider will apply SkinCeuticals Hydra Balm post treatment and provide you with ice packs to begin applying when you are home. We want to keep some of the inflammation that the treatment has produced since this stimulates collagen.

Canton

2184 Washington St., Suite 4 Canton, MA 02021
Phone: 781-561-9257 | Fax: 888-990-0423

Brookline

1340 Beacon Street Brookline, MA 02446
Phone: 339-987-4699 | Fax: 800-349-0811

Profound Care Sheet

POST-TREATMENT

- You may ice for 30-45 minutes at a time (10 minutes on 10 minutes off) for 24 hours. We have provided disposable ice packs in your post care kit.
- Expected downtime: 5-7 days. The expected healing sequence and expected treatment side effects include: redness, swelling, bruising, light discomfort, and possibly small bumps and pinpoint bleeding.
- Please use the disposable pillow cases provided in your post care kit for 5 days post treatment. Switch the pillow case out every night. (for Profound Body, see below).
- Wash the treated area 3-4 times daily. To clean, use SkinCeuticals Gentle Cleanser provided in your post care kit. Avoid face cloths and harsh scrubbing until your skin is "back to normal" this means no scabbing, bruising, or irritation present. Allow your skin to dry and then apply a thin coat of SkinCeuticals Hydrabalm, that has been provided in your post care kit, to the treated area. Keep the treated area moist AT ALL TIMES FOR 1 WEEK, to avoid scab formation. If you are treating a body part please omit this step and follow the instructions below.
- Sleep with your head slightly elevated on 2-3 pillows and avoid sleeping with pets for 48 hours after treatment.
- We strongly encourage you to avoid direct sun exposure to the treated area or the use of tanning beds for at least 3 weeks following this procedure.
- If you are healing well, you may resume using mineral makeup 48 hours later. Alternatively we offer ISDIN Skin drops post-procedural makeup for purchase at Dream Spa Medical. This can be applied immediately after your procedure and can help assist in the healing process.
- Avoid the use of perfumes, lotions and deodorant in the treated area for at least 7 days.
- Avoid strenuous exercise, sweating, and excessive temperatures for 48 hours.
- You may resume your normal daily skincare routine including all active ingredients after the first 7 days of healing. If you have been instructed by your provider to use a pre and post care regimen for pigment, please follow those instructions instead.

Additional Instructions for Profound Body Treatments:

- If you are treating a body part we suggest avoiding tight constricting clothes. This will allow your skin to heal properly and avoid friction.
- If you are treating a body part you will be provided with Environ's A,C,E Body Oil. You should generously apply A,C,E body Oil to the treated area at least 2 times per day.
- If you are treating a body part you will be provided with sanitary pads to apply to your treated area to cover every night. These areas should be covered for 5 days post treatment.

PLEASE NOTE

Clinical testing suggests that wrinkle improvement can continue to develop for 3 to 6 months following treatment. Clinical literature suggests that the dermal remodeling process following non-ablative RF treatments can continue for 6 to 12 months. Retreatment with the Profound system is not recommended prior to 6 months following the initial treatment.

If you are experiencing any symptoms outside of the "Normal" range (those mentioned above) please reach out to Dream Spa Medical immediately so that we can work to remedy any and all issues or simply just be a listening ear to your questions and concerns to ensure that you feel comfortable.

At Dream Spa Medical we believe in having open communication and ensuring that your results are exactly as you and your provider expect them to be. For this reason we always schedule our patients that are either new to us or new to this specific treatment with a 2 week in-person follow up. This is a time for you and your provider to discuss your results and future treatments as well as go over any additional questions. The exception to this would be if you and your provider have developed a monthly treatment plan or if you are signed up for a series of pre-planned treatments such as Laser Hair Removal. In this case you will receive communication from Dream Spa Medical within 48 hours checking in on you. If at any point in time on your journey with us you would like to schedule a follow up or speak to your provider about your most recent treatment or progress we are happy to accommodate in person, virtually, by phone or email.

We are always here to ensure that you **LOOK BETTER, FEEL BETTER™!**