

## POST-PROCEDURAL CARE INSTRUCTIONS

YOUR PROCEDURE: Venus Versa **TRIBELLA (Trimodality TOTAL Facial Therapy)**

*“Three Modalities, One Powerful Treatment. IPL for photo rejuvenation, pigmentation, and vascular lesions. The diamond polar (MP2 technology) applicator for enhanced collagen and elastin production. Lastly, Nanofractional RF which improves the appearance of textural skin conditions. TriBella enhances tone, tightness, and texture.”*

### POST-PROCEDURAL CARE - DAYS 1 TO 14

The healing time may vary.

#### **IPL Treatments:**

Browning or darkening of your brown spots, purplish or black tints to dark pigment, as well as crusting may all occur as part of *normal* post-treatment healing. Crusting may occur and flake off. Some redness and swelling later may also appear, these symptoms will resolve in 3 to 14 days. Moisturize only. Do not pick (picking will cause white scars).

Blanching (lightening), greying or a deep purple or blackening of the red vessels may occur over the course of a few days as the damaged tissue will be broken down and absorbed. This may last approximately 3 to 14 days.

#### **Swelling/Discomfort/Redness:**

Swelling of your wrinkles occurs immediately. Significant swelling and redness of the treated areas and untreated parts may occur following your procedure and will be maximal at 24 - 48 hours. To minimize swelling, keep your head elevated. It is not uncommon for patients to experience under-eye swelling for the first 1 to 2 days, but this swelling will subside. There will be redness and slight heat emanating from the treated area for the first 24 hours, akin to a mild sunburn. It is unusual to experience severe or excessive pain; you should notify us if this occurs. Tiny scabs will usually be formed 24 - 72 hours post-treatment and may remain for 1 - 2 weeks. **THE SCABS SHOULD NOT BE TOUCHED OR SCRATCHED EVEN IF THEY ITCH AND SHOULD BE ALLOWED TO SHED OFF NATURALLY.**

**Activity:**

Some mild discomfort may occasionally follow treatment. You may return to regular activities immediately. It is advised that you avoid hot baths, saunas, jacuzzis, and pools for the first two days following treatment, as the bacteria common to these environments could cause an infection. Some minor heat emanating from the treated area is normal, but please do not apply ice or cooling compresses, as that heat is the body's natural healing response.

**Moisturizer:**

For the safest clinical outcomes, it is advised to apply nothing except CeraVe Healing Ointment for the first 24 hours. Any moisturizer may be applied after 24 hours.

**Make-Up:**

After 24 hours, most patients are able to apply makeup to hide the pinkness of the skin. It is important that you remove all makeup that is applied to the skin at night. Do not sleep with makeup on the treated area.

**Avoiding the Sun:**

Avoiding direct sun is important for at least 1 week following your treatment, and sun protection should become a permanent component of your long-term skin care program. Always use a broad-spectrum sunscreen of SPF 30 or greater **beginning 48 hours** after the skin has fully healed. Sun exposure, tanning beds, and artificial sunless tanning lotions are not allowed in the treated areas throughout the course of your treatment.

**Skin Care:**

In addition to avoiding the direct sun exposure, we suggest all patients use long-term skin care that prioritizes the youthful, rejuvenated appearance you have achieved. You may restart your retinal or tretinoin/Altreno 3 to 7 days after healing.

**Your full results will be seen 4-5 weeks after the Tribella procedure.**

You may undergo repeat treatments at that time.