



## **VIVA NANOFRACTIONAL RF**

### **POST-PROCEDURAL CARE INSTRUCTIONS (day 1-14)**

**YOUR PROCEDURE** = Venus Versa Viva NanoFractional RF. This includes ablation and resurfacing, resulting in softening of the fine-moderate wrinkles, scars, and textural irregularities.

#### **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. You may see 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 at least 24 hours, like a mild sunburn. You may see red or dark small dots in a grid pattern. It is unusual to experience severe or excessive pain; **you should notify us if this occurs**. Tiny scabs may 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 & 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 Vaseline for the first 24-48 hours. Any moisturizer may be applied after 48 hours.

#### **Make-Up:**

After 24- 48 hours, most patients are able to apply makeup to hide the pinkness or dots on 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 program.

#### **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 retinol or tretinoin/Altreno in 3 to 7 days. Your full results will be seen 4-5 weeks after the Viva procedure. You may undergo repeat treatments at that time.

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