



Pre & Post Procedure - Venus Viva RadioFrequency “RF” Skin Resurfacing

INTRODUCTION TO Venus Viva™ PRE & POST CARE

Pre & Post-care instruction has been created to help you prepare for your care before and after your treatment has been completed. Following these instructions will maximize your aesthetic outcome. This will also provide you with a few of the post-procedure warning signs that may herald a complication. Most potential complications tend to be minor and can be effectively managed if we are notified promptly. In the rare circumstances you are unable to contact Rejuvenations Medical Spa with a post-care concern and you feel it is of an urgent nature, please proceed to the emergency room of your nearest hospital. Remember, your excellent aesthetic outcome and quality of care is our goal. *We are here to help you!*

PRE CARE INSTRUCTIONS

The day of your treatment, please arrive with a clean face (no makeup) 🚫💄 If you have a history of cold sores, we can help you with a prescription for an antiviral.

POST-CARE INSTRUCTIONS

The procedure you have selected is Venus Viva RF Skin Resurfacing. The goals of this procedure are to soften the fine-moderate wrinkles of the face, neck or hands, acne scars and textural irregularities. Venus Viva is performed in office, using topical anesthetic.

DAY 1-5

The healing time for any given procedure varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

Swelling/Discomfort/Redness:

Swelling of your wrinkles occurs immediately. Significant swelling of the treated 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 clients to have their undereye area swollen for the first 1 to 2 days, but this swelling will subside. There will be redness and very minimal warmth emanating from the area for the first 24 hours (feels like a mild sunburn). You should notify us if you experience pain that is severe or excessive, as this is unusual.

Activity:

Post resurfacing discomfort is mild, and you may return to regular activities immediately. It is advised that you avoid hot tub and pools for 24 hours (bacteria in them can enter into the newly created channels in your skin and cause an infection). Do not apply ice or cooling compresses as the heat response is the body's natural healing response.

1. **Make-up:**

In 24 hours, most resurfacing clients are ready for make-up to hide the pinkness of the skin. It is important (at night) that you remove all make up that is applied to the skin. Do not sleep with make up on the treated area.

2. **Sun Avoidance:**

Sun avoidance should become a permanent component of your long-term skin care program. Always use an SPF 30 or greater.

3. **Long-term Skin Care:**

In addition to sun avoidance, we suggest all clients use long-term skin care that will optimize the youthful, rejuvenated appearance you have achieved. We offer a variety of pharmaceutical grade products for long-term maintenance of your facial skin.

Warning Signs

The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact Rejuvenations Medical Spa. Infection may be present if you notice:

- Increased (rather than decreasing) facial swelling after the first 24-36 hours.
- Redness spreading beyond the area of resurfacing that is warm and tender to touch.

POST VENUS VIVA HOME REGIMEN

DAY 1-5

- Refrain from exposure to saunas, Jacuzzis, ice packs for 24 hours
- Moisturizer - Apply a light film as often as required, several times a day, to prevent the skin from becoming dry.
- To reduce excessive dryness and itching, spray the treated area with pressurized water such as Avene Thermale Spring Water spray (available at Rejuvenations) or Evian as often as necessary for your comfort.

I understand that my cosmetic outcome may be compromised or a complication may ensue by:

Failure to attend any scheduled followup visit (if scheduled).

Failure to follow post-care instructions.

Failures to report symptoms or signs that are unusual or concerning.

Emergency Information

Please contact Rejuvenations Medical Spa at 803-781-1201 during regular business hours if there are any questions or concerns with your treatment.

For after hours or weekend, if you are concerned about anything you consider significant (non-medical) about your treatment, please call 803-781-1201.

When voice prompted, SELECT OPTION TWO to leave a voicemail for Amy Powers Estes, the Managing Owner. She will be notified with an automatic transcribed message and will contact you upon receipt.