

# HIGH ENERGY

## NeoGen Evo Preparation and Aftercare

### High Energy Treatments Recovery

You will have some downtime. Expect 5-10 days of Redness/Dryness/ and discomfort for a day or 2. Everyone recovers very differently. After having my eyes treated on a high energy I managed to hide it from clients but if it had been my full face it would have been hard to hide.

Swelling is generally worse on your 4th day of recovery.

### 3 weeks prior to treatment

- Anaesthetic Cream
  - If you require the use of Anaesthetic cream (and this is generally only required with High Energy treatments) then please order this either online through this link: <https://form.jotform.com/222557135800855>
  - Alternatively you can order by phone 07 5598 2411
  - You need to order a mix of 6% and 4% lignocaine and tetracaine in a lycopene base.
  - This can take up to 1 week to arrive so please order it well in advance.
- Removal of Hair
  - There can be **no hair on face day of treatment**. Prepare by either booking a Dermaplaning or remove yourself.
- Sun Exposure
  - Avoid excessive or deliberate sun exposure and use appropriate sun protection for the intended treatment area e.g. sun block, sunglasses, hat etc.
- Eyelashes
  - If treating the eye area it is better NOT to have false eyelashes. Post treatment of high energy you should leave a minimum of 10 days before reapplication

- Tanning
  - Do not use any tanning preparations or treatments.
- Skin Care
  - You need to prep your skin prior to the treatment and I recommend the Mesoesthetic Ha Densimatrix (\$169) to be used along with a good moisturiser like Calming cream and a sunblock. If you are NOT currently using these you will need to purchase them from us prior to treatment.
  - Stop Using and Glycolic AHA's Vitamin A products like Age Defying pads, Refinishing etc
  - We recommend using hydrating masks like the Societe Peptide Mask is also ideal to hydrate the skin

***This suitable skin care regimen is to be undertaken in the lead up to the treatment. This needs to be strictly adhered to.***

### **5 days before treatment**

- Moisturise either by using a quality non-irritating and un-perfumed moisturiser day and night, or a water-based mask daily.
- Exfoliation
  - Scrubs, washes and other treatments that remove the outermost part of the skin, should not be used.
- Drink a minimum of 2 liters of water per day.
- Avoid types of food and drink that dehydrate e.g. alcohol, caffeine

### **The day before the appointment**

- Women are to remove all hair from the treatment area using tweezers, shaver, demablading. Waxing or use of depilatory creams such as Nair or Hair V Go, IPL etc are not recommended as they remove / compromise the outer-layer of the skin.

### **Appointment day**

- Men are to remove all hair from the treatment area using a razor
- No make-up, including mascara, perfumes or cologne to be applied
- Remove contact lenses if the peri-orbital area is being treated

## **Aftercare Treatment**

### **HIGH ENERGY TREATMENT**

The treated skin will feel tight and hot post treatment. This is normal, especially as any anaesthetic that was used begins to wear off.

Your skin will appear pink to red in colour post treatment. This is part of the skin's normal inflammatory response to treatment. It is important to allow this response to occur and to avoid any anti-inflammatory agents. (Aloe Vera, Ice packs or steroids) or anti histamines.

Avoid unintentional touching of the treated areas such as rubbing your eyes etc.

It is best to avoid sun exposure post treatment. If sun exposure is inevitable, wear a hat, sunglasses. A zinc-based SPF 30+ may be applied to the treatment area after the shedding of the skin.

If you choose not to use Calcein Stem Cell recovery A non-active ointment such as Aquaphor may be applied over the treatment area to help relieve discomfort during the healing process.

The skin may darken from pink or red to a "bronzed" like appearance 3 to 5 days after treatment. This is normal with high energy procedures. This will peel or flake off on its own. **DO NOT PICK, SCRATCH OR FORCE THE PEELING TO OCCUR.**

After showering, pat skin dry gently.

As your skin peels or flakes there may be some areas that are lighter or darker. This should even out over time.

Avoid any active creams, lotions or serums for 2 weeks post treatment or until the skin's regeneration process is complete.

Ensure your pillowcase is changed each night before bed for the first week post treatment.

Avoid strenuous exercise, swimming, hot tubs and sauna etc during the shedding process 10 -15 days post treatment.

**If you notice any blistering or oozing from the treatment area, contact your Clinician.**