

LOW ENERGY

NeoGen Evo Preparation and Aftercare

Low Energy Treatments Recovery

This is considered a “No downtime” treatment however you may experience some skin shedding but not everyone does.

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

LOW ENERGY TREATMENT

The treated skin may feel tight and warm like a sunburn sensation for several hours after treatment. This is normal.

Depending on the number of passes there may be a slight pinkish appearance to the treated area.

Your treated skin is more porous for 24 hours post treatment. We recommend the use of Colecim Stem Cell Recovery System, as this has proved to accelerate the repair but also the long term results are also improved. This comes in a starter pack with :

- 1 x Restorative Hydration Cream 20g
- 1 x Multi-Action Cream 20g
- 1 x Professional Serum 5 ml
- 3 x Recovery Night Complex
- 1 x Consumer Product Guide and all in a pouch

Do not use anything not recommended by your Clinician 24 hours post treatment. It is important to allow the skin to regenerate naturally. Avoid any other active creams, serums or lotions that 'repair' the skin during the regeneration stage (approximately 1-2 weeks).

Limit sun exposure post treatment. Ensure that a zinc based SPF30+ lotion and sun protection such as hat and sunglasses are worn outside.

In many of the Low Energy treatment cases, the 'shed' will be barely noticeable, this does not mean it is not taking place. Ensure skin is kept clean and avoid touching the area.

Use a mild cleanser such Societe Pure Cleanser to clean skin.

Makeup can be worn 24 hours after treatment. Ensure make up applicators such as brushes and sponges are clean. We recommend the CC cream from Issada which are now in stock as this is a mineral make up doesn't allow bacteria to grow in the skin.

Activities such as swimming, hot Yoga and strenuous exercise can be resumed 48 hours post treatment.