

### AGNES PRE- AND POST CARE

#### Pre-Treatment Instructions

- Avoid the following prior to the Agnes procedure
  - NSAIDS or blood thinners for 1 week
  - Chemical peels for 4 weeks
  - LED or laser treatments for 4 weeks
  - Ablative lasers such as Halo Pro for 12 weeks
  - Retin A or retinols for 4 weeks
  - Sun or sunless tanner for 2 weeks
  
- Understand the following contraindications to Agnes
  - Current active herpes outbreak or vascular lesions in the treatment area
  - Poor wound healing capabilities or easy keloid formation
  - Any patients with a pacemaker, defibrillator, or any implanted electrical or metal device
  - Active cancer
  - Pregnancy or breastfeeding
  - Weakened immune systems or any active, uncontrolled autoimmune disease
  - Poorly controlled endocrine diseases such as diabetes
  - Blood coagulation disorders
  
- Suggested Pre Care includes
  - Preparing the skin with facials and skin care products
  - Skin that is well conditioned and strong will recover quickly and allow for the maximum benefits.

#### Post-Treatment Instructions

- Immediately after treatment, redness, dryness and/or swelling can occur. Use of a cold compress or ice pack help provide comfort.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl or other anti-histamine may help itching (Benadryl may cause drowsiness). DO NOT scratch the treated area as scarring complications can occur.
- Treat the skin gently over the next several days.
- Cleanse with gentle cleanser.
- Keep skin hydrated with Aquaphor twice a day.
- Avoid Retin A, glycolic or salicylic acids for the next week.
- Avoid direct sunlight for 1 week.
- Use SPF over 30 for at least the next week.
- You may return to your normal daily routine, including bathing or showering.
- You may apply makeup in 48 hours post procedure.
- Make your follow up appointment to track your progress with RejuvenationMD.