

AGNES PRE AND POST CARE (PAGE 1 of 2)

Pre-Treatment Instructions

Avoid the following prior to the Agnes procedure:

- NSAIDS or blood thinners for 1 week
- Chemical peels or light treatments for 4 weeks
- Ablative lasers such as Halo Pro for 12 weeks
- Retin A or retinols for 2 weeks
- Sun exposure (natural or tanning bed) or sunless tanner for 2 weeks

Understand the following contraindications to Agnes:

- Current active infections, 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, including brain clips and cochlear implants
- Patients with any metal that is not safe enough for an MRI located close to treatment area
- Pregnancy or breastfeeding
- Blood coagulation disorders
- Acute or chronic cancer or current chemotherapy treatment
- Accutane (or its generic) within the past 6 months
- Tattoo in the area to be treated
- Caution if have any conditions that cause delayed healing (for example autoimmune diseases, diabetes)
- Caution if patient is at risk for hyperpigmentation; consider pretreatment

Suggested Pre-Care includes purchasing:

- Puracyn to be used after the treatment. You can find this on Amazon. It is anti-inflammatory, antibacterial, and soothing to the skin
- New mineral makeup such as Jane Iredale to use after treatment.

Post-Treatment Instructions

- Immediately after treatment, redness, dryness, bruising and/or swelling can occur. Use of a cold compress or ice pack helps provide comfort. Apply ice packs 3-5 times a day for 3-5 minutes for 3-5 days.
- Itching, redness, tenderness and/or numbness may be experienced during the healing phase and is completely normal. Oral Benadryl or other antihistamine may help itching and swelling especially if the Agnes was performed under the eyes. Since Benadryl may cause drowsiness, use it at night and use Claritin or other non-drowsy antihistamine each morning. DO NOT scratch the treated area.
- Do not wash the treated area the night of treatment. Then the patient may use a gentle cleanser the next day.
- Leave the hydrocolloid dressings on for at least 24 hours or until they fall off.
- If using EXOIE, apply twice a day once the dressings are off.
- You may return to their regular skin care products 1 week after the treatment.
- Keep skin hydrated with Cicalfate or Aquaphor twice a day and apply SPF over 30 routinely.
- Avoid places that may create infection such as gyms, hospitals, day cares and dirty water (lakes, rivers, swimming pools, etc.) for 7 days.
- Do not sleep with pets or have them lick/touch the treated area for 7 days.
- Do not apply makeup for 5-7 days post treatment. Ensure makeup is new and brushes are clean.
- Do not touch or massage the treated area for 1 week.

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- “Collagen balls” may form, especially under the eyes. If this occurs, gently but firmly massage them using moisturizer and your fingertips 3 times a day at least starting in 1 week. They will resolve.
- If Duoderm (a patch to reduce swelling and prevent infection) was placed on your skin, leave on for 48 hours if possible. Then remove gently. Do not rip off quickly. If they fall off prior, you can purchase more at local Walgreens.
- If you desire, make an appointment for Lightwave procedure tomorrow and every other day for 3 treatments total to help healing and bruising. These are complimentary.
- If there is significant swelling after a week, especially with an eye procedure, we can help by performing lymphatic drainage procedure in the office. Please call if this is the case.
- Infection is unusual; however, this may occur anytime the skin is compromised. Should redness, fluid collections, pain, other unexpected irritation in the skin occur, you **MUST** contact our office immediately to be seen. Do not try to treat yourself as that may make the situation worse.
- Make a follow up appointment with RMD for 2 weeks and 4 weeks but call if any concerns in the meantime.