



## **Total FX PostCare Instructions: Face/Neck/Chest**

Dr. Brian Stolley after hours contact #: 298-3845  
Alternate #: 283-2580

### **Immediately After**

- DO NOT DRIVE WHILE ON MEDICATIONS
- Cool compresses
- Cooling gel or ointment
- Avoid direct sunlight when walking to your car
- Use cool air from car AC
- Avoid exercise until treated area has peeled completely.

### **First 2-4 Hours**

- Have someone with you for the first 24 hours if you are taking medication
- Take Asprin or Vicodin for discomfort
- Apply cool compresses, but avoid applying ice directly on the skin.
  - \*1 tsp distilled white vinegar per 1 quart distilled water (refrigerate, NOT Freeze)
- Blowing cool air from a fan over the treated area may cool the skin
- When intense heat subsides, 2-3 hrs after tx, apply a thin layer of Elta MD Moisturizer

### **First Night**

- Use clean bedding at all times during healing process.
- Protect bedding from ointment (It will stain)
- Sleep on back with head elevated (continue until swelling subsides)
- Avoid environmental irritants during the healing process
  - (i.e. Dust, dirt, sun, hairspray, perfumes, etc)
- If experiencing eye irritation, use an eye lubricant such as artificial tears
- Avoid fragrances in laundry detergent, dryer sheets, soaps, shampoo, perfume, etc.

### **Day 1 (First day after treatment)**

- Resume vitamins
- Expect swelling: take Ibuprofin as directed on bottle
- Stay indoors and avoid direct sunlight
- Wash area if desired (not necessary) with a Avene gentle cleanser and lukewarm water
- Eat healthy foods and avoid alcohol. Drink plenty of water.

### **Day 2**

- Continue to wash area as desired with Avene gentle cleanser and lukewarm water
  - Re-apply a thin layer of Elta MD Moisturizer after cleansing and as desired
- Itching tends to begin on this day. Use OTC 1% hydrocortisone as needed
- Benadryl (diphenhydramine) or Claratin (loratadine) may be used as directed on bottle for itching.

**AVOID picking and scratching**

### **Day 3**

Continue to wash area as desired with Avene gentle cleanser and lukewarm water

Re-apply a thin layer of Elta MD Moisturizer after cleansing and as desired

Itching may persist, continue to treat as stated above if needed

Expect exfoliation of the central aspects of the face first, leaving behind soft pink skin

**AVOID picking/scratching/peeling**

### **Days 4-7 (Face), 4-14 (Neck/Chest)**

Call office for any worsening of itching, redness or pain

Expect Exfoliation/Peeling to begin.

Continue to wash area as desired with Avene gentle cleanser and lukewarm water

Re-apply a thin layer of Elta MD Moisturizer after cleansing and as desired

**AVOID picking/scratching/peeling**

### **One Week Post Tx and once initial peel is complete: (neck/chest may take longer)**

Continue cleansing as needed/desired

You may transition to Avene moisturizer, only using Elta MD Moisturizer if needed

\*Do a test spot first and leave on for 15-20 minutes before applying to entire face

As tolerated, start Elta MD UV Physical Sunblock

As tolerated, apply mineral make-up- Jane Iredale (anti-microbial)

**Do not use** harsh, very active, acids or ingredients for 1 month

(such as Retin-A, Glycolic Acid, etc)

Avoid exposure to excessive sun up to 4 weeks (or the rest of your life!)

Hat or clothing must be used to protect the treated areas along with sunscreen

Return to exercise program

### **2 Weeks Post Treatment:**

Resume using additional products upon approval from Dr Stolley post treatment. This varies per individual. Always test-spot on a small area near ear and allow 15-20 minutes before applying to the entire face. (wash off if burning/irritation occurs)

### **Other tips**

It is possible for a secondary peel to occur up to 2 weeks after the treatment. Before this peel occurs, the skin may become more wrinkled and rough. The best results may take months to occur as healing and collagen synthesis occurs in the deep layers of the skin.

Using appropriate homecare products, Skin Growth Factors such as SkinMedica TNS and Neocutis, and antioxidants such as SkinCeuticals is ideal.

Eating healthy foods and taking vitamins is recommended.

Avoid smoking. This is a great time to quit. You will heal better and have less wrinkles.

Follow-Up as directed. Fillers can be done approximately 2 weeks post treatment.