



Total FX PostCare Instructions: Body

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.
- Blowing cool air from a fan over the treated area may cool the skin
- When intense heat subsides, 2-3 hrs after tx, apply vaseline/ointment in a thin layer

First Night

- Use clean bedding at all times during healing process.
- Protect bedding from ointment (It will stain)
- Keep treated area elevated if possible (continue until swelling subsides)
- Avoid environmental irritants during the healing process
(i.e. Dust, dirt, sun, hairspray, perfumes, etc)

Day 1 (First day after treatment)

- Resume vitamins
- Expect swelling: take Ibuprofin as directed on bottle
- Recommended to stay indoors and to avoid direct sunlight
- Wash area if desired (not necessary) with a gentle cleanser and lukewarm water
Re-apply Vaseline/ointment after cleansing
- Eat healthy foods and avoid alcohol. Drink plenty of water.

Day 2

- Cont. to wash area as desired with a gentle cleanser and lukewarm water
Re-apply Vaseline/ointment after cleansing
- Itching tends to begin on this day. Use OTC 1% hydrocortisone
Benadryl (diphenhydramine) or Claratin (loratadine) may be used as directed for
Itching.
- AVOID picking and scratching**

Day 3

Cont. to wash area as desired with a gentle cleanser and lukewarm water

Re-apply Vaseline/ointment after cleansing

Itching may persist, continue to treat as stated above.

Days 4+

Call office for any worsening of itching, redness or pain

Expect Exfoliation/Peeling to begin, continue applying Vaseline/ointment as needed

Once initial peel is complete:

As tolerated, start a 30+ physical blocking sunscreen

(Zinc or Titanium Oxide based)

You may begin your regular skincare program but **Do not use** harsh, very active, acids or ingredients for 1 month (such as Retin-A, Glycolic Acid, etc)

Avoid exposure to excessive sun for **at LEAST 4 weeks** (or the rest of your life!)

Clothing must be used to protect the treated areas along with sunscreen

Return to exercise program once top layer of skin has peeled

Other tips

It is possible for a secondary peel to occur after the initial peel. 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.

Eating healthy foods and taking vitamins is recommended.

Avoid smoking. This is a great time to quit. You will heal better.

Follow-Up as directed.