

Pre-Treatment Plasma Skin Resurfacing (Opus):

- No use of any product containing retinol or retinoids, glycolic, salicylic, or lactic acids 7 days prior to treatment. This includes no use of at home scrubs or exfoliation products.
- No Chemical Peels 2 weeks prior to treatment.
- No prolonged sun exposure to the face or area being treated 1 week prior to your treatment. Treatments cannot be performed on sunburned or recently tanned skin. This includes no use of tanning bed or tanning lotions.
- No treatment if currently pregnant or breastfeeding.
- No use of Accutane for the last 12 months.
- No antibiotics for 2 weeks prior to treatment.
- If you have a history of cold sores, please be sure to advise your provider prior to treatment to assess if an anti-viral prescription needs to be obtained.
- If you are planning to receive any injections in the treatment area (i.e., neuromodulators or dermal fillers) please plan to do so 2 weeks prior to or 2 weeks after treatment if skin is completely healed.
- If you tend to easily bruise or swell, you may begin an OTC Arnica regimen as directed 3 days prior to treatment.
- If an active or extreme breakout or wound occurs before treatment, please contact the office to reschedule your procedure.
- On the day of treatment, keep your face clean and do not apply makeup or moisturizers.



Post-Treatment Plasma Skin Resurfacing (Opus):

- Immediately after treatment apply cool compresses and the recommended post treatment product.
- Continue to use the post treatment product for dryness and comfort.
- Avoid hot showers, hot tubs, saunas, etc. for the first 2-4 days after treatment.
- Starting the night of treatment, you can start to use a gentle cleanser, moisturizer, and sunscreen for the next 7 days.
- On day 7 after treatment, you can use an exfoliator and apply makeup.
- It is normal to have redness, mild swelling, a pixel appearance, and warmth immediately after and for the next 2-4 days.
- You can take Benadryl and Advil (or another NSAID) to decrease the inflammatory response after treatment.
- You can take OTC pain medications such as Tylenol or Advil. Advil has the potential to increase bruising.
- Avoid prolonged sun exposure for 1 week after treatment. Use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- Maintain a healthy diet including plenty of water post treatment.
- Do not use any Retinol products until day 7.
- Do not use any products on the treated area that is not made for "Post procedure treatment."
- If you experience any other skin effects such as excessive redness, swelling, or blistering, please contact the office at 916-242-2662.

