



## PROFOUND - Pre and Post Treatment Patient Instructions

### Pre-Treatment Instructions

- Hydrate - we recommend that for seven days pre-treatment you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- You may be provided an antiviral prophylaxis 1 day prior to the Profound treatment and to continue after the treatment.
- Topical retinoid therapy should be discontinued 3-4 days prior to treatment.
- Avoid any prolonged exposure to the sun, if you must be in the sun, use a zinc oxide sunscreen of at least SPF 30+.
- Remove all substances from the intended treatment area, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products, and ointments. Do not use flammable products in the vicinity of the Profound device.

### Intraoperative Care

Test spot areas may be performed to gauge appropriate endpoints and optimum treatment parameters.

### Post-Treatment Care Instructions

- Immediately after treatment, most patients will experience a clinical endpoint of erythema (redness) and some bruising that may last for 3-5 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) is also common post treatment and may last 3-5 days.
- Physician may opt for additional cooling methods such as cool compresses, gel packs or facial masks for 30+ minutes after treatment on and off for the next 24 hours.
- Before discharge a topical ointment (like Aquaphor) may be applied to the face, no bandages or wraps are necessary.



- Physician will inform you when you may resume the use of your usual skin care products and makeup.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area, as if you had a sunburn.
- Wash treated area with mild cleanser 3-5 times daily and immediately re-apply Aquaphor for 5 days.
- Sleep with slightly elevated head first night.
- Please change pillowcase each night or use a clean towel each night to protect bedding.
- Please avoid sleeping with pets for the first 48 hours.
- Avoid sun exposure to reduce the change of hyperpigmentation (darker pigmentation).
- The use of a zinc oxide sunblock SPF 30+ at all times throughout the course of treatment is recommended.
- Clinical testing suggests that wrinkle improvement can continue to develop for 3 to 6 months following treatment. Clinical literature suggests that the dermal remodeling process following non-ablative RF treatments can continue for 6 to 12 months. Retreatment with the Profound system is not recommended prior to 6 months following the initial treatment.

If you have any questions about these instructions or the procedure, please contact us at 949-748-3880.