



Scar Revision Care

INSTRUCTION CARD

Scar Revision Pre-care:

- Please wash and exfoliate the intended treatment area before coming to your appointment.
- Avoid alcohol and caffeine 24 hours prior to treatment.

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Scar Revision Aftercare Guide

To Do's:

- Apply a thin layer of Regen Aftercare 2-3 times a day to clean dry skin 24 hours after treatment
- Eat nutritious foods and hydrate well
- Taking Collagen, Vitamin C and E, and Zinc will help support the healing process

Safe To Do After Treatment:

- You may use antibacterial soap after 24 hours
- Light exercise can resume 3 days after treatment if you can avoid sweating in the treated area
- Apply SPF as needed 7 days after treatment
- You may pat the area if itchy
- You may ice the area for 20 minutes within the first 24 hours to help reduce any swelling (making sure the area is clean and dry while icing)

Avoid Doing After Treatment:

- Do not get the area wet for 24 hours
- No excessive sweating for the first 7 days
- No direct sun exposure for 30 days
- Avoid swimming and saunas for the first 7 days
- Do not scratch the treated area
- Avoid alcohol for the first 3 days after treatment

Its Normal If You Are Experiencing:

- Itchiness
- Mild discomfort within the first 24 hours
- Swelling and redness within the first 3-7 days

Treatments can be preformed every 4 weeks