



# Wrinkle Revision Care

## INSTRUCTION CARD

### Wrinkle 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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# Wrinkle 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**