



GLOWAESTHETICS

MEDICAL SPA & BEAUTY BOUTIQUE

MOXI Pre/Post Care Instructions

Sciton Moxi is the newest laser designed with everyone in mind. This is ideal for patients just starting their skincare journey, looking for a light touch-up, and those wanting something more. This is a laser that causes minor skin resurfacing without the downtime associated with more aggressive laser treatments. This laser enhances overall skin quality while also addressing pigmentation, sun damage, signs of aging, uneven skin tone and texture.

What To Do Before Your Treatment?

- Use sunscreen (mineral sunscreen is best) and physical sun protection.
- Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports outdoors for two weeks prior to treatment.
- Refrain from using self tanning products two weeks prior to treatment.
- Inform your provider if any physician has ordered Accutane for you in the last 6 months.
- Inform your provider of any medical conditions or medications you are taking that might sensitize you to light, affect wound healing or affect coagulation.
- Inform your provider if you are awaiting the results of a skin cancer screening, have skin cancer, or have been diagnosed in the past.
- Inform your provider if you have a history of melasma on the face.

What To Expect During Your Treatment?

- You must arrive 45 minutes before your appointment time to receive numbing for this treatment.
- The treated area may be warm for a few hours after the treatment. Warmth may continue for 12-24 hours after the treatment.
- Redness is normal and expected. Redness can persist for up to 7 days depending on the intensity of treatment.
- MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day after treatment as tiny dark spots and bronzed appearance to the treated skin.
- Swelling can occur and is typically expected immediately after treatment.

What To Do After Your Treatment?

- Cold compresses may provide comfort for feelings of warmth. Also, a mineral water spray might provide some relief and much needed moisture to the skin.
- Use gentle cleansers and keep your skin moisturized and out of the sun which will allow your skin time to heal and limit further stress on your skin.
- MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry

and feel like sandpaper before flaking and peeling off. Keep your skin well moisturized to support the healing process. Do not pick at your skin or exfoliate.

- Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in a more upright position the first 2-3 nights after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days. You may take Tylenol, Ibuprofen, Zyrtec, Claritin, or benadryl to assist with swelling/inflammation.
- If an anti-viral was prescribed, continue to take as directed.
- Avoid scratching and itching, as scarring and pigmentation complications can occur.

There is little downtime after this minimally invasive procedure. In most cases, you are able to apply makeup, return to work, and resume most of your activities immediately.

Skin Care Recommendations

Your pre and post treatment skin care is just as important as the treatment you are receiving.

Cleansing:

Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser. Use your hands and fingertips to cleanse using gentle patting motions. DO NOT rub, scrub, use an exfoliant soap or skin care brush in the treated area. Ask your doctor for product recommendations if preferred.

Moisturizer:

Moisturizer should be applied generously with clean hands over treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your doctor – eg. essential oils, coconut oil, etc. Ask your doctor for product recommendations if preferred.

Sunscreen:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with broadband UVA and UVB protection and a SPF of at least 30. Ensure to reapply during sun exposure.

Tips and Tricks:

- Use soft towels to dry your face and avoid any scrubbing.
- Make-up can be worn 24 hours after your treatment.
- Wear a wide-brimmed hat or protective clothing for 1 month after treatment
- Avoid strenuous exercise and sweating for at least 24 hours, use gentle patting to wipe sweat off of treated skin

Warning:

- There may be some degree of swelling immediately post-treatment, however it is recommended that you contact your doctor if you experience excessive swelling or any of the following signs of infection, including:
 - Drainage – looks like pus
 - Increased warmth at or around the treated area
 - Fever
 - Extreme itching