

Patient:

Surgery Date:

Pre & Post MedSpa Procedure Instructions - General

Our philosophy

1. **State of the art technology:** With over 20 different devices and treatment modalities, Dr. Rubinstein always offers his patients the latest and most effective skin care treatments.
2. **Highly skilled and trained clinical staff:** Dr. Rubinstein personally hires, trains, and oversees his skin care staff which include estheticians, nurse practitioners, and physician assistants. Continuing education is an ongoing part of their training and skill development.
3. **Safe and effective treatments:** We offer honest and realistic recommendations, strive to minimize risk and optimize treatment outcomes by custom tailoring your treatments based on your unique needs. This is accomplished by combining state of the art technology, advanced staff training, and physician oversight to your treatment experience.

Before your procedure

1. **Avoid tanning:** Avoid tanning before your laser procedures as this can increase the risk of complications including burns and pigmentary changes such as lightening and darkening of your skin. Alert your provider if you are tan. They will adjust the laser settings or decide to reschedule your procedure.
2. **Exercise:** Intensive exercise within 24 hours of your laser treatment can increase post treatment swelling after most laser treatments.
3. **Timing of laser treatments with dermal filler injections:** Significant bruising can affect how your skin responds to laser treatments. It is for this reason that we either perform the laser treatment immediately before your filler treatment or wait 2 weeks for any residual bruising to clear up.
4. **Skin care products to avoid:** Stop using any self-peeling agents, toners, Retin A, and Retinol products at least 3 days prior to all spa treatments as it will increase skin sensitivity, redness, and swelling. Your MedSpa provider will instruct when you can resume these products after treatment.
5. **Cold sore prevention:** Please let your provider know if you are prone to cold sores or fever blisters around your lip area as some more aggressive procedures can cause a flare up. Starting antiviral medications such as Valtrex 24 hours prior to your treatment can help prevent an outbreak. Valtrex is continued 24 hours post treatment.
6. **Bruising prevention:** Any treatment utilizing needles such as microneedling, fractionated microneedling (Genius RF), or PRFM injections (for hair loss) can cause bruising which can be minimized by stopping anti-inflammatory medications and most herbal supplements. (a list of medications to avoid is available on our website, About: Patient Resources section).
7. **Pain control:** Most of our spa services cause minimal discomfort. More aggressive treatments such as Fraxel Dual and Genius RF will require 1 hour of topical numbing as well as Pronox (low

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dose nitrous gas). Unlike nitrous (laughing gas) at your dentist, Pronox isn't sedating and you can drive yourself home. Topical anesthesia is not used for laser treatments of spider veins and facial redness as it can cause constriction of these blood vessels, reducing the benefit of your laser treatment.

After your procedure

1. **Tanning and sun exposure:** Please refrain from sun exposure and tanning post treatment. The duration will vary from 2 weeks to 6 weeks depending on which laser procedure you had.
2. **Exercise:** Unless you develop significant swelling, exercise can be resumed within 24 hours post procedure.
3. **Makeup:** Avoid makeup for 24 hours post Fraxel Dual, Clear & Brilliant, Genius RF, Microneedling, and chemical peels. Don't use old makeup as this can cause infections.
4. **Skin care:** Follow each procedure's specific instructions for post treatment skin care regimen.
5. **Anti-inflammatory medications:** Treatments that stimulate collagen for wrinkle reduction and skin tightening can be negatively impacted by frequent use of steroids and NSAIDS such as aspirin, Motrin, and Aleve for up to 6 weeks post treatment.
6. **Saunas and hot tubs:** Saunas and hot tubs should be avoided for 2 to 3 days for chemical peels and treatments designed to reduce skin redness and spider veins as they can cause vasodilation and excessive swelling.

How many treatments will be needed?

1. **Skin rejuvenation procedures:** Treatment of age spots, redness, sun damage, and wrinkles typically require more than one treatment. Each treatment builds on the prior and has synergistic effects when spaced 4 to 8 weeks apart. Three to six treatments may be required based on your goals and the treatment modality being used. Although there can be some downtime, more aggressive treatments generally require less repetition vs. gentle treatments to obtain results.
2. **Spider veins:** Spider veins require 4 treatments spaced 4 weeks apart for the face and 2-3 treatments spaced 8 weeks apart on the legs.
3. **Hair reduction:** 6 laser hair removal treatments are typically required, spaced 4 to 6 weeks apart.
4. **Skin tightening non-surgical:** The most effective non-surgical skin tightening technologies utilize radio waves. With fractionated microneedling (Genius RF) the radio wave is transmitted via the microneedling. Three treatments are typically required with Genius RF, spaced 6 to 8 weeks apart.
5. **Non-surgical body contouring:** Most patients benefit from 2-3 CoolSculpting treatments spaced 6 to 12 weeks apart. You can expect a 20 to 25% improvement with each procedure in good candidates.

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Maintenance treatments?

1. Most skin rejuvenation procedures, hair & spider vein reduction treatments should be maintained one to two times per year for optimal results.
2. Skin tightening procedures such as Genius RF should be repeated one to two times per year.
3. Body contouring results such as with CoolSculpting are permanent if you maintain your weight.

The role of Cosmeceuticals

1. Pretreatment with cosmeceuticals (medical grade skincare products) 2 to 4 weeks before your MedSpa treatments will enhance your results and reduce the risk of complications. Examples include lightening agents, collagen stimulating serums, and sunscreen.
2. Cosmeceuticals after your treatments will help maintain your results.
3. Dr. Rubinstein offers his own RubinsteinMD Skin Science cosmeceutical product line as well as other advanced products including Alastin, SkinMedica, and EltaMD.
4. For your convenience, products can be shipped directly to your home. Alastin and SkinMedica products can also be purchased online from our website.