



Beauty, laser & wellness center
Monica Bonakdar, MD

FX Pre and Post-Treatment Instructions

Cold Sores:

1. If you have ever previously experienced a **cold sore or a Herpes Infection** in the area of your FX treatment, you must start on antiviral prophylaxis on the day of your treatment.
2. If this applies to you, inform Dr. Bonakdar. You may purchase Zovirax antiviral at the office or ask for a prescription to take to your pharmacy.

Phase 0 Pre-Treatment prep:

- No prep is needed. Prep is needed as follows: _____

Medications:

1. **Keflex 500 mg** - Take one tablet two times per day for five days starting on the day of the treatment to prevent bacterial infections.
2. **Zyrtec** - Take one tablet daily to prevent swelling and itching.
3. **Ativan 1mg** - Take one tablet for anxiety, or itchiness up to 3 times a day if Benadryl is not controlling your symptoms.
4. **Darvocett N-100** – Take one to two tablets up to 4 times a day as needed for pain.

Post-Treatment Products:

1. **Products for day 1-4 are included with your treatment:** Soft gauze, Sterile Saline, Vaseline.
2. **Products for day 5 and on need to be purchased.**

Post-Treatment In Office Care:

1. Depending on the intensity level of your FX treatment, we recommend 3 or more days of daily in-office **Oxygen Mist Treatments** to speed up the healing process. Your FX treatments include three Oxygen Mist treatments.
2. Additional Oxygen Mist treatments can be purchased for \$50 per area per session.
3. **Appointments** you need to make include:
Oxygen treatments with Dawn on days 1, 2 and 3.
Post treatment visit with Dr. Bonakdar days 1, 2 and 3, week 1, 2 and 4.
4. At your 4 week visit with Dr. Bonakdar; your post-treatment pictures are done. Once you are released by Dr. Bonakdar, you may schedule for your complimentary Micropeel facial with Dawn at week 6.

Other Useful information:

1. During the treatment, your skin may have some pin-point bleeding which stops by the end of the treatment. Immediately following your treatment, your skin will be red, and feel hot. These sensations will lessen over the next several minutes and may be replaced by a slight itchiness.

2. Do not be alarmed if your skin gets **swollen** for the first few days following your treatment.. **Icing** the skin and spraying cold refrigerated Thermal Spring Water will help decrease the discomfort. Sleeping upright the first night will also help to decrease the swelling.
3. Your hair will get greasy and dirty fast due to the extra products used on your skin. You must keep your hair clean to avoid infections. You are allowed to **shower** daily and get the treated area wet. Avoid water hitting the treatment area directly.
4. Avoid any outdoor activities and un-necessary **sun exposure** during this time. Wear a protective floppy hat and sunglasses to protect your skin while driving to and from the office. Sun exposure may cause complications such as blistering, hyper-pigmentation or hypo-pigmentation.
5. You will take one capsule of Heliocare daily - a potent antioxidant, which acts as an oral sunscreen.

Days 1 - 4:

In order to have a quick recovery, it is essential that you clean your skin 3-4 times per day as follows:

1. Wash your hands thoroughly and use a clean towel to dry your hands to prevent transferring any infections to the treated area.
2. Pour ¼ cup of Saline Solution into a disposable cup. Wet the soft gauze in the cup.
3. Gently wipe off the Vaseline and skin debris with the gauze.
4. Re-apply a thick layer of Vaseline.
5. During your daily visits you will be told when to start using Hydrocortisone 2.5% cream.

Day 5 and on:

1. Start cleansing your skin with cleanser chosen for you either directly on your finger tips and onto your skin or by using soft gauze cloth and water.
2. Transition from Vaseline to moisturizer chosen for you. During the evening you may apply Vaseline over your moisturizer.
3. Apply sunscreen chosen for you.

Maintenance Protocol:

1. Now that you have taken the steps to improve your skin, it is important for you remain proactive about maintaining your results and your investment.
2. **Home Care Products**- Your skin has the potential to continue to improve during the next six months if you nourish it with high potency cosmeceuticals.
3. **Follow up with Dr. Bonakdar** at 4 weeks post treatment for your post-treatment pictures and her recommendations for homecare products.
4. **Advanced Clinical Facials** are there after recommended monthly to maintain your results. Your at home maintenance skincare will be further customized by Dawn at these session.
5. **Repeat FX Treatments** are recommended three to twelve months after the first treatment. Further treatments will result in further improvement of color, tone, tightness, and texture of your skin as well as further increase collagen production. Repeat treatments done within the first six months of your initial treatment will be honored at half of the regular price.

Sun Protection Clothing and Accessories:

Solumbra UV Protection clothing and hats are recommended and can order online from their website. Solumbra's UV protection clothing and hats guarantees 30+ SPF protection even after 500 launderings and 500 summer days.

www.supercautions.com.

Contact Information

If you have any questions, please do not hesitate to call the office: **(949) 721-6000**
Dr. Bonakdar can be reached after-hours on her cell phone: **(714) 504-9222**