

Profound Body Treatments

Please review this information thoroughly to make sure all your questions are answered. If you have additional questions, please call our office at (503) 662-7375.

PRE-CARE

- Stop taking Aspirin and other pain medications such as Advil, Motrin, Celebrex, Aleve and Ibuprofen, 10 days before the procedure. If you need pain relief, please use Tylenol (acetaminophen).
- Avoid blood thinning supplements such as Vitamin E, fish oil, turmeric, ginkgo biloba and St. John's Wort. Please discuss all medications and supplements with your provider and ask for a full list of blood thinning supplements and medications.
- Avoid any prolonged sun exposure and use a zinc oxide sunblock with a minimum SPF30+.
- Drink plenty of water before your procedure.

Medications:

- For those with a history of shingles, you will be prescribed Acyclovir 400 mg tablets. Take your first dose one day prior to your procedure and continue to take twice daily according to the prescription bottle instructions.
- We will give you 1 antibiotic tablet of Cefuroxime 250 mg at the time of your treatment and 1 additional tablet to take 8 hours post procedure.
- You may be given a sedative and/or pain medication at the time of your treatment, this will be discussed with you prior to your appointment. Please note that you will need a designated driver if any pain medication or sedatives are given.

Before Treatment Day:

- Ice packs should be available to use as needed for swelling and bruising.
- Prep your home environment to reduce the risk of post-treatment infection; wash all linens and have clean towels available.
- Do not allow pets to interact with the recovery area.

Day of Treatment:

- You will be at the clinic for approximately 2-3 hours.
- Please eat a light meal prior to your procedure.
- For stomach treatments, wear yoga pants or sweats that can easily be pulled down to the hip during your treatment along with a sports bra or fitted tank top as your base layers.
- For thigh treatments, wear loose clothing that won't restrict the treatment area.

POST-CARE

- No shower for the first 12 hours. After 12 hours, a gentle shower to treatment area with lukewarm water is acceptable, follow the cleansing instructions below.
- Wash your hands. Hand washing is the most important thing you can do to prevent infection. Make sure to wash your hands every time prior to touching the treatment area.
- Avoid sun exposure. Use zinc oxide sunblock with SPF 30+ if treatment area is exposed for the first 6 weeks.
- Clean linens/towels for first 5 days.
- You will be sent home with 1 antibiotic tablet of Cefuroxime 250 mg taken 8 hours post-procedure.
- If prescribed, please be sure to finish your acyclovir as directed on the prescription bottle.
- Drink plenty of water after your procedure

Please follow these cleansing instructions 3-4 times daily:

- Wash hands thoroughly with soap and water, rinse and pat dry before each skin care session.
- Cleanse the treatment area with a gentle cleanser and pat dry with a clean towel and apply a thin layer of Aquaphor for 24-48 hours after treatment. Then transition to the Alastin Transform Body Treatment (provided for you). Directions are on the back of bottle for use.
- Do not rub or exfoliate the treatment area.

Reduce Swelling and Pain Relief:

- Use ice packs on the treated area for the first 2-3 days by placing a clean towel between the ice and your skin, do not put ice directly on skin. Icing every 2 hours is recommended for the first 24 hours.
- You may take Tylenol as needed for discomfort (do not take Ibuprofen or aspirin).

What you might experience after the procedure:

- Redness and swelling are common and should subside significantly after 3-4 days.
- The Profound treatment can result in a clear fluid (exudate) appearing on the skin. Please keep the area moist with Aquaphor (provided for you) for the first 48hrs to help prevent crusting and scabbing.
- Mild discomfort from swelling is normal although tightness is more common occurrence.
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- Your skin may appear darker or lighter than before and although most pigmentation changes are transient, in rare cases, this can be permanent. Use the recommended SPF as prevention.
- Itching and dry skin are most common during the healing process. Avoid picking and rubbing as this can lead to scarring. Over the counter antihistamines may be used to relieve itching.

Questions or concerns; call us at (503) 662-7375 if you experience any of the following:

- Pain that is not relieved by Tylenol.
- Excessive redness, itching, swelling, bleeding, and scab formation.
- Signs of infection: fever, whitish to yellowish discharge, excessive swelling lasting more than 5 days.