vive
AESTHETICS & WELLNESS

moxi™

PRE-TREATMENT INSTRUCTIONS:

- If you have any history of cold sores or fever blisters, it is recommended you pre-treat with Valtrex 500 mg twice daily starting two days prior to your treatment.
- If you have Melasma, we recommend pretreating with Hydroquinone for 4 weeks prior to treatment. Please discontinue 3 days before treatment.
- Please discontinue any products containing active ingredients 5-7 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipohydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment. If you have any questions about your current skin care products, please call our office 856-988-8483
- Please show up to your treatment appointment with no makeup on.
- It is recommended to avoid direct sun exposure (including tanning beds) for at least 14 days prior to treatment, although Halo can safely treat tan skin. If you have a sunburn, please allow 7 days for it to heal prior to your treatment. Avoid sunless tanning creams or sprays on the treated area for 14 days prior.
- Do not wax or use depilatory creams on the treatment areas for 14 days prior to treatment.
- If you are on a prescribed blood thinners, please contact our office at 856-988-8483

POST-TREATMENT INSTRUCTIONS:

- Once the heat has resolved, you may gently cleanse the treated area with lukewarm water and a gentle cleanser. Resume cleansing twice daily, using only your hands and gentle patting motions. DO NOT rub, scrub, exfoliate, or use a skincare brush on the treated area.
- 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 provider- eg. essential oils, coconut oil, etc.
- For general post-treatment discomfort, an over-the counter oral pain reliever, i.e. Extra Strength Tylenol may be taken. If an anti-viral was prescribed, continue to take as directed. Avoid scratching and itching, as scarring and pigmentation complications can occur. Itching can be relieved by oral Benadryl, but can cause drowsiness.
- Use of a cold compress will help to relieve any swelling. To avoid further swelling, you may choose to sleep in an 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
- Your provider may recommend restarting retinol products on day 3 or 4 once any initial irritation has resolved. Retinols help promote skin cell turnover and renewal.

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POST-TREATMENT INSTRUCTIONS CONTINUED:

- 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 30. Ensure to reapply during sun exposure.
- Exercise may be able to be resumed at 48 hours if there's no significant swelling. We recommend against high intensity or hot activities for at least 72 hours.