

MOXI PRE AND POST DIRECTIONS

MOXI is an excellent alternative to HALO. Promoted as the gentle approach to radiant skin, MOXI offers beautiful results with almost no social downtime and is safe year-round. Moxi is a fractionated 1927 nm wavelength laser – the perfect wavelength to prevent, revitalize, transform, and renew the surface of your skin. It is also an excellent choice for hyperpigmentation and melasma concerns! Recommended care before and after your MOXI ensures optimal results

Pre Treatment

Sun Exposure:

Please stay out of direct sunlight and avoid tanning on the day of treatment. Moxi is a year-round treatment; otherwise, we can proceed with your rejuvenating laser! Please DO NOT use sunless tanning lotions or spray tan on your face before treatment.

Cleansing:

Cleanse the skin twice daily with plain, lukewarm water and gentle cleanser. Do not rub, scrub, or use an exfoliant before (or after treatment).

Moisturizer:

It is possible to apply moisturizer at any time. Moisturizers should not contain fragrances, color, or any essential oils. We have several recommended options in the spa that have been proven safe and improve results.

Products:

Do not use Retin A or retinol-containing products for at least three days before laser treatment. We recommend using hydroquinone before treatment (contact us if you have a darker skin tone and have questions). Stop hydroquinone three days before treatment.

Medications:

If you are prone to cold sores and would like a prescription for Valtrex, please get in touch with us or your doctor – this is essential for any laser near your mouth.

If your doctor needs to put you on an antibiotic for other reasons, or if you take antibiotics regularly, please let us know – we may need to reschedule your laser or adjust your medications with your doctor.

Post Treatment

- Redness is normal. Redness can persist for a few days, depending on the aggressiveness of the treatment.

Swelling is joint and expected immediately after treatment. Reduce swelling by using cold compresses or ice packs.

After the treatment, the treated area may feel warm for a few hours. During this time, cold compresses or ice packs may provide comfort.

- A day or two following treatment, you may see tiny dark spots and a bronzed appearance. MENDS means microscopic epidermal necrotic debris (microscopic epidermal necrotic debris). There is a large amount of melanin in the microscopic wounds known as MENDS in people who have pigmented skin or sun damage-caused pigmented lesions. There are so many MENDS that they can cause the skin to appear bronzed and crusty (do not try to scratch them off). It is part of the healing process, where treated tissue works out of your body as new, fresh skin is regenerated. During this time, your skin will be dehydrated, flaky, and sandpaper-like.
- If you are taking an antiviral, continue taking it as directed.
- Post-treatment pain can be relieved by over-the-counter or prescription pain relievers, such as Extra Strength Tylenol, if the doctor orders.
- There may be itching during the healing phase, but it is entirely natural. Benadryl may help with the itching, but it can also cause drowsiness. Scarring and pigmentation complications can occur if you scratch the treated area.

Post Care

- Once your skin is cool, use a calming, clean moisturizer. We do not recommend any moisturizer with color, fragrance, or essential oils. We have recommended that Alastin products be available at the spa for purchase. Using a moisturizer with petroleum may be suited for individuals who receive more

graduated coverage ONLY AFTER 24 HOURS once the skin is incredible. The cream may be sufficient for less aggressive treatments. An alternate product recommendation is Vanicream (Target or Walmart)

- Cleanse the skin twice daily after the treatment using plain, lukewarm water and a gentle cleanser. Again, we recommend our Alastin products. Alternate product – Cetaphil or CeraVE. Apply the cleanser and water gently to your hands, and pat them dry afterward. DO NOT rub, scrub, or use a skin care brush, such as a Clarisonic, on treated skin. Scarring and pigmentation complications may result.
- After skin treatment, it is expected to experience flaking and peeling within 24 hours. During the healing process, allowing the skin to come off naturally without picking, rubbing, or forcing it off is essential. Such actions could lead

to scarring, pigmentation complications, and infection. Instead, washing the skin gently and more frequently is advisable to promote the peeling process.

- Use sunscreen daily beginning the day of treatment and be vigilant in applying it. We have several options for continued and tinted sunscreens at the spa that we highly recommend. In our beautiful climate, there is never a safe time not to use sunscreen on your resurfaced skin. Cover the treated area with a hat and clothing if direct sun exposure is needed.
- You can usually wear makeup after the peeling process is complete.
- Avoid strenuous exercise and sweating until after the skin has healed.

When to call us –

There may be some swelling immediately post-treatment; however, if there is excessive swelling or any of the following signs of infection, contact us as soon as possible. Infection symptoms are:

Pus-like drainage

Heat at or around the treated area

- A fever of 101.5 or higher
- Extreme itching