

Subnovii Post-Care Instructions

R+ Med Spa



Post-Treatment Recommendations:

- Optimal results are only achieved by maintaining an undisturbed and DRY environment.
- DO NOT over cool. Cooling stops the tightening effect and could damage the tissue.
- Immediately after the treatment the skin was treated with the Subnovii Aftercare Cream and the Subnovii Downtown Reducer Powder.

Subnovii Aftercare Creme must be used for several days to ensure optimal healing and results.

(DO NOT use Bepanthenol/Bepanthen or anything similar - it is too fatty and prevents healing).

- Each morning and evening (while the scabs are present) apply a VERY THIN layer of the Subnovii Aftercare Cream. Pat the cream on with clean fingers and do NOT rub in or use a sponge.

Repeat this process if you feel that the skin requires moisturizing during the course of the day and again in the evening.

Subnovii Downtime Reducer Powder should be used on top of the cream to absorb any excess moisture and keep the scabs dry.

- To treat temporary pain, 500mg Paracetamol may be taken. Aspirin MUST NOT be taken, as this can cause more swelling. DO NOT take Ibuprofen or any other anti-inflammatory medication.
- 'Arnica 6c' pillules can be used to treat swelling. 5 pillules to be taken every hour if necessary until the swelling subsides.
- As long as the scabs are present avoid the sun, sweating, sauna, and steam rooms.
- DO NOT intentionally remove the scabs. Every manipulation of the scabs can cause an adverse effect. They will fall off on their own within 3 to 7 days. This may take longer for smokers or those taking medications.
- While the scabs are present they should be kept dry. Should the scabs become wet, do not rub. Use a hairdryer on the area until the crusts are dry. Apply Subnovii Aftercare Cream and Subnovii Downtime Reducer Powder directly afterwards.
- The skin beneath the scabs is sensitive. The pinkish coloration may last up to 6 months.
- When the scabs have fallen off, use a sunscreen with SPF 50 on the treated areas. Avoid extreme sun exposure for 3 months and UV rays and extreme low temperatures for 2 weeks. If the above instructions are not followed, pigment

deviations and dark spots may occur.

- Please note: depending on the desired results, more than one treatment may be necessary. Follow up treatments may only be performed 12-16 weeks after the previous treatment as the collagen fibers are still contracting and the skin is very sensitive.

If you have excessive swelling contact the office immediately at 270.651.4772 during business hours. For an after hours emergency please contact your technician. For increased redness swelling or uncontrolled pain please visit an after hours medical provider.

Additional Instructions: _____

