

SIIT Pro Electrodesiccation Pre & Post Care

Pre-Treatment

- Discontinue topicals with active ingredients, such as acids, retinoids, benzoyl peroxide, etc., 3-7 days prior to treatment. Consult with Glo Med Spa to determine appropriate timing for your home care products
- Avoid prolonged, direct sun exposure for 10 days prior to treatment
- Avoid tanning beds for 2 weeks prior
- Avoid waxing, tweezing, depilatories, electrodesiccation in treatment area for 7 days prior
- Avoid advanced skin treatments in area to be treated for one month, such as: microneedling, laser, chemical peels, radio frequency microneedling

Post- Treatment

Immediately after your treatment the area may feel irritated; redness and scabbing are a normal part of the healing process. Follow these instructions closely to minimize any adverse reactions and to aide in healing time.

- Do not directly touch the treated area for 24-48 hours following the treatment to minimize the risk of infection. Keep the area dry and refrain from environments that cause overheating, perspiring or sweating.
- Do not pick at the treated area. Premature removal of scabs may result in hyperpigmentation, infection or scarring
- Use a mild cleanser around the treated area, remembering to keep the treated are protected and dry. Band-aids may be used to cover larger treated areas. Be sure that the Band-aid does not touch the treated area.
- Avoid prolonged, direct & indirect, sun exposure for 2 weeks post treatment. *PROTECT THE TREATED AREA WITH A BROADBAND SPF 30 or higher, preferably 20% zinc based. Reapply every 2 hours if you are getting indirect or direct exposure.*
 - Indirect:** Through glass, such as in a car or sitting by a window OR UV rays bouncing off water, snow, reflective surfaces
 - Direct:** Outside in direct sunlight
- Use a gentle massaging motion when cleansing and patting motion when drying the skin
- Refrain from using products or receiving treatments with active ingredients: such as lightening agents, acids, benzoyl peroxide, retinoids and peels in treatment area for 14 days
- You will be advised on specific products in your home regimen that are safe to use during the time that the skin is healing
- Refrain from applying makeup for at least 24 hours, although it's preferable to wait until the skin has healed
- The average healing time is 6 days. In some cases, you may notice that your skincare practitioner has immediately removed larger irregularities. In this case, please continue to be gentle and follow the directions above as the skin is still undergoing a healing phase. Other treated areas may darken, scab and fall off. Lesions can take anywhere from 3-14 days to fall off. Be gentle during this time.

If any questions or issues arise, please immediately contact Diana Nordeen of Glo Med Spa at (612) 486-2286.