

NICOLE KLEIN MD

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Otolaryngology Associates
ENT & Face, Head & Neck Plastic Surgery
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Profound - Suggested Pre and Post Treatment Patient Instructions

Pre-Treatment Instructions

Patients should be advised of the expected healing sequence and expected treatment side effects. The patient should be advised to wash normally using mild cleansers or soaps and avoid washcloths and harsh cleansers until all transient healing processes have resolved naturally.

1. **Hydrate** - we recommend that for 7 days pre-treatment you moisturize skin in the morning and evening, and drink 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
2. You may be provided with an antiviral prophylaxis 1 day prior to Profound treatment and continue after treatment.
3. Topical retinoid therapy should be discontinued 3-4 days prior to treatment.
4. Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+.
5. Remove all substances from the intended treatment area, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning product and ointment. Do not use flammable products in the vicinity of the Profound device.

Intraoperative Care

1. Test spot areas may be performed to gauge appropriate endpoints and optimum treatment parameters.

Post-Treatment Care

1. Immediately after treatment, most patients will experience a clinical endpoint of erythema (redness) and some bruising that may last for 3-5 days; however, for more aggressive treatments this may last longer. Slight to moderate edema (swelling) is also common post treatment and may last 3-5 days.
2. Your provider may opt to use additional cooling methods such as cool compresses, gel packs for a facial mask for 30+ minutes after treatment and on and off for the next 24 hours.

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3. Before discharge a topical ointment (like Aquaphor) may be applied to the face; no bandages or wraps are necessary.
4. Your provider will inform you when you may resume the use of your usual skin care products and makeup.
5. There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treated area, as if you had a sunburn.
6. Wash the treated area with a mild cleanser 3-5 times daily and immediately reapply Aquaphor for 5 days.
7. Sleep with a slightly elevated head the first night.
8. Please change pillowcase each night or use a clean towel each night to protect bedding.
9. Please avoid sleeping with pets the first 48 hours.
- 10. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).**
11. The use of zinc oxide sunblock SPF 30+ at all times throughout the course of treatment is recommended.
12. Clinical testing suggests that wrinkle improvement can continue to develop for 3-6 months following treatment. Clinical literature suggests that the dermal remodeling process following non-ablative RF treatments can continue for 6-12 months. Retreatment with the Profound system is not recommended prior to 12 months following the initial treatment.

If you have any questions or concerns, please give our office a call between 9 a.m. and 5 p.m. at 317-844-7059 Ext. 1417. Thank you.