



Venus Viva ReVive, Intensif & ReVeel CO₂ Pre & Post Information

At Fresh Laser Skin Studio, we want to ensure to give you the best experience and most effective treatment possible. In order to receive the best results, please be aware of the following points prior to your treatment and contact us if you have any questions.

Please note: All information and photographs are securely stored to ensure client confidentiality.

Failure to comply with the following pre and post-care may increase the probability of complications. Treatments:

ReVeel CO₂

ReVeel is a micro-ablative fractionated CO₂ skin resurfacing laser treatment. It is a much milder alternative to traditional, fully ablative skin resurfacing. A series of less invasive treatments vs. one aggressive treatment minimizes the downtime and risks, while providing similar, if not better results than past technologies.

ReVive

Venus Viva is a nano-fractional radiofrequency (RF) device that uses a cartridge containing an array of small electrodes to deliver RF energy directly into the skin.

Intensif

Intensif is a fractional radiofrequency (RF) device. It delivers RF energy directly into the skin via multiple microneedles that enter the skin, with energy, time and depths adjustable from 0.1mm to 5.0mm.

Skin Conditions Treated:

- Pore reduction and texture smoothing
- Treatment of hyperpigmentation, sundamage
- Firming up the skin and reducing wrinkles & fine lines
- Improvement of acne and surgical scarring (ReVive & Intensif ONLY)
- Diminishing stretch marks (ReVive & Intensif ONLY)
- Mild rosacea (ReVive & Intensif ONLY)
- Benign raised skin lesions (ReVeel ONLY)

What Treatment is Best for Me?

Depending on your skin's condition and available downtime will determine the best treatment procedure for you. These factors will be discussed during your consultation with one of our certified technicians.

Please note these procedures are purely elective, the results may vary with each individual treatment, multiple treatments may be necessary to achieve results, and no guarantees of individual results can be made. The goal of these treatments, as in any cosmetic procedure is improvement, not perfection.

Pre Treatment

- Neurotoxins (Botox, Dysport or similar) or fillers should be administered post-treatment or a minimum of 2 weeks prior to your treatment for neurotoxins and 4 weeks prior for fillers.
- Discontinue the use of any retinoic acid (Vitamin A) prescriptions, medical grade retinols or other highly active products for a minimum of 3 to 5 days prior to your treatment.
- Must not have taken Accutane for a minimum of 6 months
- Read the post care instructions and ask questions if you have any concerns.
- Ensure pillowcase is freshly washed for treatments involving the face and neck.
- If you are prone to cold sores and fever blisters, you will need to obtain a prescription from your doctor and start the antiviral medication (ie. Valtrex), if prescribed 2-4 days prior to the treatment.
- Purchase recommended skin care products and Cytoderma for healing and protection.
- Purchase mineral SPF 50 and mineral makeup for camouflage (if needed).

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Post Treatment

Days 1-5:

- You will need to take the rest of the treatment day off as you will be red immediately after your treatment and sun exposure is not safe, as no makeup or sunscreen is allowed for 24 hours. The majority of people can resume normal activities the following day.
- Ensure your pillow case is clean and change if needed.
- The skin in the treated area will look red and slightly swollen and may feel hot and tight, similar to a sunburn. This is normal and expected.
- After 12-24 hours you may apply a gel icepack to the eye area or other treated areas if necessary.
- For a minimum of 24-48 hours, do not use hot water, washcloths or scrubs, soap, cleansers or lotions, as they may irritate the skin. Only products recommended may be used 24-48 hours after treatment.
- After 12-24 hours only use a GENTLE cleanser and gently cleanse the skin with hands only and pat dry. Do not scrub or rub skin. The old skin will gradually exfoliate, do not scrub.
- Apply a thin layer of Cytoderma(sterile breathable protection) on cleansed skin every night to enhance the healing process. May also be used in am with sunscreen applied on top.
- Wash hands thoroughly before touching your skin. Touch as little as possible and DO NOT PICK! Picking may cause permanent scarring.
- Avoid strenuous exercise, hot tubs and saunas for the first 48-72 hours following treatments.
- Make-up can be applied a minimum of 12-24 hours after the procedure. Use mineral pressed or loose powder only, as liquid makeup can clog the pores and irritate the skin. If using a liquid makeup, do not resume use until 5-7 days post-treatment.
- Do not use any products with active ingredients such as Retin A, medical grade Retinol, Glycolic and Salicylic acid, for a minimum of 5 days. Please ask about your products if you are unsure.
- You may see grid marks (tiny dots) on your skin from the laser or RF treatments that will gradually disappear
- Your skin may feel itchy and tingly during the first week and peeling may be evident.
- Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) with any questions or concerns you may have after your treatment.

General After Care

1. Make-up: mineral only 12 hours post treatment, most resurfacing clients are ready for make-up to hide the pinkness of the skin. It is important that you gently remove all make up that is applied to the skin at night. Do not sleep with make up on the treated area. Continue to use Cytoderma at night.
2. Sun Avoidance: Sun avoidance should become a permanent component of your long-term skin care program. Always use a mineral SPF 30 or greater to protect your face, neck, décolleté and hands.
3. Long-term Skin Care: In addition to sun avoidance, we suggest all clients use a long-term skin care regime that will optimize the youthful, rejuvenated appearance you will achieve. Maintenance treatments are recommended for continual skin rejuvenation.

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Potential and common side effects that may occur with micro ablative treatments:

- DISCOMFORT may be mild to moderate, even though a topical anesthetic is applied prior to treatment as some areas are more sensitive than others.
- INFLAMMATION which may include: irritation, itching, pain, bruising, flaking, ingrown hairs, typically subside/fade in 5-7 days.
- ERYTHEMA (redness) and mild to moderate “sunburn” like effects may last for a few hours to 2-5 days
- EDEMA (swelling) of the skin around the treatment site, sensitive skin in treated area and may last 2-5 days
- PIN POINT BLEEDING may be minimal, as all treatments are micro ablative (breaking the skin’s surface).
- BLISTERING, SCABBING or CRUSTING may occur and usually takes 4-10 days to heal. More common with the ReVeel CO₂ treatments.

Complications and adverse reactions, although rare, that may occur with micro ablative treatments:

- HISTAMINE/HIVES - Some people may develop raised papules similar to hives, this usually subsides within a few hours. On rare occasions antihistamines will need to be taken orally for a few days until reaction
- PUSTULES or pimples may develop in the first few days following treatment and gradually subside.
- HYPOPIGMENTATION/HYPERPIGMENTATION: (changes in skin colour) – During the healing process there is a slight possibility that the treated area may become lighter (hypopigmentation) or darker (hyperpigmentation) in colour compared to the surrounding skin. Pigmentary issues may take up to 9-12 months to resolve, but on rare occasion it may be permanent. Hyperpigmentation can be worsened with sun exposure.
- ALLERGIC REACTION – There is an unlikely, but potential risk of allergic reaction to any gel, lotion or topical anesthetic that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching and formation of a rash
- INFECTION – Infection is a possibility whenever the skin surface is disrupted, although proper after treatment care should prevent infection. If signs of infection develop such as pain, heat or surrounding redness, please seek medical attention and call our office.
- Prolonged skin sensitivity.
- SCARRING – Scarring is a rare occurrence, but is a possibility if the skin is disrupted by picking or other. To minimize chances of scarring, it is IMPORTANT not to pick and that you follow all post-treatment information provided on our website.
- INTRAOCULAR LENSES – For CO₂ treatments involving intraocular lenses (under eyelids), there is an unlikely, but potential risk of minor corneal abrasion and/or adverse allergic reaction to numbing drops
- SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING – May increase risk of side effects and adverse reactions
- PRE & POST CARE – Failure to comply with re and post-care information may increase the probability of complications. Please check our website www.freshlaser.ca or call 403-264-4494 or email: info@freshlaser.ca if you have any questions

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Your consent form will contain the above listed potential and common sides affects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 24 hrs notice is required for appointment cancellation or rescheduling; or I will be responsible for a minimum cancellation fee of \$50.
- I confirm that I have not used a medical grade topical Retinol or a topical prescription Retin A in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine such as "Accutane", in the past 6 months.
- I confirm that I am not pregnant. If I should become pregnant during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my Venus Viva, Intensif or ReVeel CO₂ treatments until after my pregnancy.
- I understand and acknowledge all the possible risks/complications involved with the Venus Viva, Intensif or ReVeel CO₂ treatments. I consent to receive treatments performed by Fresh Laser Skin Studio, and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding these treatments.
- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.
- This signed consent will be for all laser skin rejuvenation treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

Please contact us via email info@freshlaser.ca or phone (403-264-4494) if you have any further questions.

We look forward to providing you with the best results possible!

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