



EXCEL V TREATMENT

BEFORE TREATMENT

- Do not tan or use self-tanner for 4 weeks prior to treatment
- If you are prone to getting cold sores, tell your doctor, so you can be treated with an anti-viral medication
- No isotretinoin (Accutane) within 6 months prior to treatment

AFTER TREATMENT

- You may have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking and/or bruising is normal and may last a couple days.
- Swelling or a hive-like reaction is common and may last 2-4 days.
- Cold compresses can be used for comfort if needed. Hydrocortisone (steroid) cream may decrease any itching or skin irritation.
- Your skin will be fragile for 2-3 days. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do not rub the skin vigorously. Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.
- If you have any bruising, it can be covered with makeup. Dermablend (dermablend.com) is a great option for covering bruising.
- It is important to avoid sun exposure and tanning creams between treatments. Use a broad spectrum (UVA/UVB) sunblock SPF 30 or greater at all times. It should be reapplied every 2 hours if outside. A hat is also strongly recommended.
- Crusting of the skin can form. Do not pick or rub lesions.
- Avoid irritants such as Retin-A, Retinol, Renova, Differin, Tazorac, glycolics, bleaching creams and exfoliants for 1 week.
- Avoid chemical peels, facials, and microdermabrasion for 1 week.

FOLLOW UP TREATMENTS

- Follow up treatments should be scheduled every 4-6 weeks.
- Consistent treatments will produce the best results. Many conditions require a series of treatments to obtain optimal results.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 906-2788.