



Renuvion Facial Renewal

Post Treatment Instructions & Expectations

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What you will need to purchase and have at home for your healing phases:

- Vinegar
- Bacitracin (zinc free)
- Aquaphor (large size)
- Spray bottle

**Please note: these costs are not included in the price of your procedure.*

What our office will provide you at the time of your procedure:

- Small tubes of Bacitracin and Aquaphor (enough to get you through the first day or two)
- Gauze Pads
- Gentle Cleanser
- Restorative Moisturizer and Chemical-Free Sunscreen (provided at the time of your first post op)

**Please note: these products and supplies are included in the cost of your procedure.*

****DO NOT use any different products or supplies, other than what is listed in these instructions. We want to avoid any risk of infection and/or reactions.**

Inflammation Phase (Days 1-3):

- Tepid to cool showers 3 times per day.
- Vinegar water soaks 3-4 times per day, spaced out as needed, using the following guidelines. *Use gloves or clean, dry hands when applying vinegar soaks to minimize infection.*
 - Use a clean bowl of cold tap water and a few ice cubes
 - Add 1 tablespoon of white vinegar for every 1 cup
 - Use clean 4x4 gauze pads (provided to you by our office) wet with solution and apply over face
 - Replace gauze before they dry or drip or spray water over gauze
 - Soak should continue for 30 minutes
 - Soak should NOT sting



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PLASTIC SURGERY & AESTHETICS

- Spraying the vinegar solution out of a spray bottle onto the face as needed throughout the day will also help relieve any itch sensation
- Mix Aquaphor and Bacitracin (equal parts) and apply to skin after every vinegar/water soak. The mixture should be applied with a clean spoon. Do not double dip into the container to prevent any kind of infection. Re-apply this mixture throughout the day, as needed. Do not let the face dry out.

Regenerative Phase (Days 4-14):

- Tepid to cool showers 3 times per day.
- Vinegar water soaks as needed.
- Cleanse with ZO Skin Health Gentle Cleanser (provided by our office). Aquaphor **alone** (stop the use of Bacitracin) should be used during this stage and should continue to be applied with a clean tongue depressor or spoon to prevent infection. Apply as needed, do not let the face dry out.

Restorative Phase (Days 15-30):

- Use EltaMD Restore mineral sunblock daily (purchased at the time of your first post op in our office). Do not use any chemical sunscreens.
- No hydroquinone
- No retinol
- Use a restorative cream as needed following re-epithelialization for a light moisturization. Dr. Holland will recommend which one to purchase at your first post op appointment in our office, as it is dependent on how your healing has progressed.

Follow Up Visits & Patient Instructions:

- Keep your follow up appointments to ensure healing is progressing as anticipated
- Isolate from household pets during the re-epithelialization phase of healing
- Avoid sun exposure and pollutants during the healing process
- Do not remove, try to remove, pick, rub, or squeeze areas of skin, whether using fingers or tweezers
- Do not allow your skin to dry out as this can increase the risk of increased pigmentation or darkening of the treated skin
- Do not use any anti-aging/exfoliating/harsh cleansers, medications, or scrubs
- Do not use fabric conditioners when washing bed sheets, pillowcases, or clothing as these may cause skin irritation
- Avoid close contact with anyone who has any form of contagious infection



CALL THE OFFICE IMMEDIATELY IF YOU NOTICE ANY OF THE FOLLOWING WARNING SIGNS:

- Excessive facial swelling
- New or unrelenting burning or stinging sensation of the treated areas
- Purulent discharge or infection
- Premature peeling following treatment
- Burning or stinging with the application of the alcohol-free occlusive ointment
- Burning or stinging with the application of the vinegar water soaks
- Breach of the skin (open wound)
- Wounds that are not healed after 14 days
- Dry eyes, inability to close eyes, and/or eye pain
- Spreading redness at the periphery of the treated areas
- Fever, chills, nausea, and vomiting
- Raised areas of skin that may be tender
- Focal areas of intense erythema and induration
- Concern about the wound healing process

****If after hours, please call the office number 207-835-4777 and press 7 when prompted to reach Dr. Holland directly.***

By signing this document, you are stating that you have read (or it has been read to you) and understand the post instructions provided to you. You have had the opportunity to ask any questions about the instructions and acknowledge that all your questions about the post procedure instructions have been answered in a satisfactory manner.

Patient Name

Witness Name

Patient Signature

Witness Signature

Date

Date