



# HOLLAND

PLASTIC SURGERY & AESTHETICS

## 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.*

#### 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 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
  - The water should remain chilled and replaced when warm

#### 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 or EltaMD Foaming Cleanser (provided by our office). Aquaphor is allowed to use during this stage and should be applied with a clean tongue depressor or spoon. Do not double dip into the container to prevent any kind of infection.

#### Restorative Phase (Days 15-30):

- Use EltaMD Restore mineral sunblock daily (provided by our office). Do not use any chemical sunscreens.
- No hydroquinone
- No retinol
- Use ZO Skin Health Recovery Cream as needed following re-epithelialization for a light moisturization.



### 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.***