



## Instructions for Profound Procedure

### Pre-Treatment Care

- Drink 64 fluid ounces daily for one week prior to treatment.
- Avoid alcohol for 7 days prior to the treatment, and any NSAIDs (Ibuprofen) for 14 days prior to and after your procedure to reduce the risk of bruising.
- Discontinue topical retinoids or other skin irritants for a minimum of 3-5 days prior to treatment.
- Avoid prolonged sun exposure and use SPF 30+ sunscreen.
- Eat a substantial meal pre-treatment.
- We recommend that you take Norco and Valium the day of your procedure to help with relaxation and any discomfort you may experience. You will need to pick a prescription before your procedure to be filled at a pharmacy of your choice. You will be taking these medications here in the office the day of your procedure. After taking these medications you will need a driver.

### Post-Treatment Care

- Ice for 30-45 minutes directly following treatment. Continue to ice every 2 hours for 20 minutes on-off intervals, on day of treatment. This will help decrease the likelihood of induration (localized hardening of soft tissue), extended bruising, and will increase comfort.
- The treated area should be cleansed 3-5 times daily with tepid water and gentle cleanser prior to each application of the healing dressing for 1 week. Avoid wash cloths, harsh irritants, and scrubs. Pat dry and do not rub.
- Keep the treated area as hydrated as possible for one-week post treatment. You should first apply a layer of Arincare, then apply a second layer of aloe, a third layer of moisturizer should be applied, and the last layer should be sunblock (SPF 30+) or clothing. The treated area should have a consistent glazed like appearance at all times for 1-week post treatment.
- Patient should avoid excessive sun exposure to the treatment area and use a sunblock (SPF 30+) for 4-6 weeks following treatment. The area should be covered with clothing or sunblock (SPF 30+) containing zinc oxide and/or titanium dioxide at all times.
- If face is treated, sleeping with head elevated post treatment is recommended. Change pillowcase daily or lay on clean towel each night. Avoid sleeping with pets.
- For the first 24 hours post treatment it is recommended to avoid rigorous exercise, any activities that would stimulate heat or vasodilation. Do not take a hot bath or sit in sauna.
- Do not pick at the treated area. It is imperative to let the area heal on its own. If the area is picked at and further interruption of the epidermal layer occurs, this can increase the risk of infection, PIH, and other post procedure complications.
- Immediately post treatment the treated area will appear edematous (swollen) and erythematous (red). Pin-point ecchymosis from the microneedle insertions will be observed and bruising maybe noticed from local anesthesia injection points.

### Treatment side effects may include

- Pain during treatment: regional and local anesthetics are recommended to minimize treatment discomfort. We offer Pro-Nox (Nitrous Oxide) for an additional fee.

- Bleeding at insertion locations: small beads of blood at insertion points frequently develop several seconds following retraction of the micro-needle electrodes.
- Erythema and redness immediately following treatment: these will typically resolve within several hours.
- Focal edema or induration at treatment sites: focal edema at treatment sites typically develops 2 to 10 minutes following treatment and may remain visible for 24 to 48 hours. Induration is often palpable for 5 to 10 days following treatment and has been reported by patients as persisting for 30 days.
- Bruising: all patients develop mild to significant bruising throughout the treatment area. Bruising develops following treatment and is typically most noticeable 24 to 48 hours after treatment. Bruising typically resolves in 5 to 10 days.
- Visibility of insertion locations: small crusts occasionally develop at micro-needle insertion locations and typically slough off after 12 to 48 hours for facial skin.
- Generalized swelling: mild to significant swelling throughout the treatment area is expected to develop 6 to 48 hours following treatment. Swelling typically resolves in 3 to 7 days but may persist for up to 20 days.
- Discomfort following treatment: can range from none to moderate during the first 24 hours. Aspirin-free analgesics may be taken for discomfort following treatment, such as Tylenol (acetaminophen).
- Discomfort on skin palpation: skin sensitivity/discomfort to firm pressure in the treatment area may persist for 14 to 28 days.
- Itch, twinge and tingle sensations during healing: may begin 5 to 7 days following treatment, becoming infrequent 30 to 45 days following treatment.
- Temporary loss of sensation: Patients have infrequently reported a slight loss of sensation in some regions of the fields infiltrated with local anesthetic and treated. This loss of sensation may persist for 5 to 20 days.
- Pigmentation change: including hypopigmentation, hyperpigmentation and post-inflammatory hyperpigmentation may occur. Pigmentation change is a potential side effect of treatment and is more likely to occur for Skin Type V and VI patients.

By signing below, I acknowledge that I have read the informed consent form in its entirety. My healthcare provider has adequately informed me of the possible benefits. All questions have been answered to my satisfaction.

Patient Printed Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_