



FOLLOW YOUR AFTER-CARE INSTRUCTIONS EXACTLY AS WRITTEN TO ENSURE BEST POSSIBLE OUTCOME

Absolutely no direct sun exposure for 3-4 weeks after treatment. Exposure to sunlight increases the risk of hyperpigmentation and inhibits thermal energy which will compromise your results. Once healing is complete, you can resume a physical based sunscreen (SPF 30+).

NEOGEN POST-CARE

Stages of Healing

Day of Treatment (Day Zero):

- After treatment your provider will apply Alastin Skin Nectar and a thin layer of the occlusive balm. Continue to apply a thin layer of the occlusive balm, with clean hands, as needed to keep the area moist during the day and nighttime.
- Your skin may be irritated and feel warm like a sunburn. This feeling will improve over the next couple of hours. Do not use Ice packs or cold compresses. A light mist of the Avene Thermal Spring Water will provide relief.
- DO NOT wash your face after the procedure as this disrupts the heat that was introduced into the skin.
- Do not use any other products on your skin other than what is the aftercare kit we provide you with.
- Hydrate with water and electrolytes.
- There may be mild swelling. Sleeping propped up on several pillows and taking Benadryl prior to bed will help reduce the amount of swelling.
- No NSAIDS (Ibuprofen, Aleve, Motrin) for 1 week after treatment. If needed, you may take Tylenol for discomfort.
- Do not exercise for 5 days after treatment. This includes avoiding activities that will raise the body temperature or result in perspiration (hot tubs, saunas, etc.).
- No alcohol or caffeine for 24 hours after treatment.



Days 1-3:

- Do not wash your face, avoid getting it wet in the shower.
- Gently blot off old product and apply Alastin Nectar (once in the morning and once at night) followed by the occlusive balm with clean hands to the treated area. This helps keep the skin protected during the healing process. Reapply the occlusive balm as needed to keep the area moist.
- You may spray Avene Thermal Spring Water for relief and hydration to area.
- Do not use any other products on your skin other than what is the aftercare kit we provide you with.
- Hydrate with water and electrolytes.

Days 4-10:

- Do not pick or exfoliate your skin in any way.
- Gently wash your face with cool/tepid water in the shower or at the sink morning and evening. ONLY use the Avene Cleanser provided to gently wash the treatment area. After cleansing, gently pat dry and begin using Cicalfate to moisturize the treated area. Apply as needed throughout the day. Continue to apply Alastin Nectar first in the am and pm for a total of 14 days.
- You may spray Avene Thermal Spring Water for relief and hydration to area.
- Do not use any other products on your skin other than what is the aftercare kit we provide you with.
- You can now resume the use of a physical based sunscreen when the treatment area is exposed to sunlight. Make-up can also be resumed if there is no irritation on the skin noted.
- After day 10 you may resume your normal skin care routine. Apply sunscreen daily for a minimum of 3 months post treatment.
- Hydrate with water and electrolytes.
- NeoGen does not show results immediately - or even weeks after treatment. NeoGen continues to produce changes for a period of 12-24 months, however, improvement is typically seen at 6 months. Depending on your skin and its features and hormone levels, it may even take 9 months or longer for correction. We will take photos at the 3, 6, 9 and 12 month mark to document your journey.