

VIVACE® PRE-TREATMENT CONSIDERATIONS

- Gather patient's relevant history, conduct a medication history and review, and assess current skin care regimen.
- Avoid Accutane in the six months prior to beginning treatment sessions.
- Topical agents that may increase the sensitivity of patient's skin such as retinoids, exfoliants, topical antibiotics or acids should be avoided 5-7 days prior to treatment.
- Non-steroidal anti-inflammatory drug use (NSAIDs like aspirin, Motrin, Advil, ibuprofen, or any other non-Tylenol, non-acetaminophen product) should be avoided for two weeks prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- Patients with history of fever blisters can take antiviral medication starting 1-2 days prior treatment and instructed to follow directions on their prescription.
- Avoid tanning beds or unprotected sun exposure, or sunburn for at least 2 weeks prior to. Always use a zinc oxide sunscreen with SPF 30+. Also avoid self-tanning products 5-7 days before treatment.

VIVACE® DAY OF TREATMENT CONSIDERATIONS

- Ask about any relevant changes in medical history, review medications and identify any cosmetic tattoos in treatment area.
- Patient's skin should be cleaned so it is free of lotion, oil, makeup, powder, or sunscreen prior to treatment.
- A personalized approach to topical anesthetic selection should be performed based on patient's allergy profile and tolerability. Approximately 30 minutes prior to performing treatment, topical anesthetic should be applied to patient's skin.
- Patients should be informed that a Vivace microneedling RF treatment is an in-office procedure that typically takes up to 60 minutes to complete.

POST TREATMENT CONSIDERATIONS

- Post treatment skin should be left clean of cosmetic products; although, mineral based products can be worn with clean brushes if necessary. Make up can be applied as usual the next day.
- Additional care skin products should be avoided for the first 24 hours post treatment, unless advised by skin care provider.
- Jacuzzis, saunas, and steam baths should be avoided for up to 48 hours post treatment.
- Patients should avoid exercise or any strenuous activities that cause sweating, increased heart rate or heating of the skin for up to 48 hours post treatment.
- Refrain from deep exfoliation, retinols, glycolics or products that dry or irritate the skin for 5-7 days post treatment.
- Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, patients can use sunblock or moisturizer with sunblock (30 SPF or higher).
- Vivace treatments should be scheduled 4 to 6 weeks apart. A series of 3 treatments is recommended for new patients.
- After treatment series is completed, a maintenance treatment should be considered every 6 months, or sooner based on patient's skin goals. Timing for follow up treatments are dependent upon factors that include but are not limited to age, skin type, sun exposure and lifestyle.

Disclaimer: The Vivace® treatment considerations are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician, medical director, or qualified health provider with any questions you may have regarding a medical condition. All suggested treatment settings are for suggested use only. Please contact us if you have any questions at clinicalhotline@aestheticsbiomed.com

