



TIXEL- (Thermomechanical Ablation which may be combined with other treatments for augmented results)

Treats: Skin tone, Texture, Wrinkles, Minimizes Pores, Melasma, Stretch marks, Scarring, Pigment, Redness and Rosacea, Acne, Acne Scarring

Pre-Treatment Instructions:

- Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for at least 2 weeks before and after treatments. SPF 50 with Zinc or Titanium Dioxide is recommended throughout treatments
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week.
- You should not be on Accutane (or isotretinoin products) for at least 6 months prior.
- Inform your doctor if you have a history of hyperpigmentation.
- Inform us if you have a history of Herpes or cold sores. We will write you a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare up of cold sores. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.
- Inform us if you have any cosmetic tattooing or microblading of brows on or near the area to be treated.
- Photosensitizing medications including doxycycline and minocycline, zithromax, and Ciprofloxacin should be held three days prior to the treatment.
- Ibuprofen, Motrin, Aleve, Advil, Excedrin, Vitamin E, Ginkgo, St. John Wort should be avoided the days previous if possible
- Active skin care products including retinoids, glycolic acids, benzoyl peroxide and acne topicals should be avoided the days around these treatments.
- Anticipate a social “down-time” of 2-5 days before any redness, swelling and sloughing of the sunspots has subsided.
- If you are pregnant, or may be pregnant you cannot undergo treatment.
- Makeup and jewelry should be removed before the procedure.
- Anticipate a social “down-time” of 3-5 days before any redness, swelling, peeling has subsided.

On the day of your appointment:

- Arrive with a clean face, free of makeup. A topical numbing cream may be applied to the treated area in the office. Jewelry will be removed prior to procedure.
- Contact lenses **MUST BE REMOVED** for eye treatment
- You do not need a driver to assist you

Post Treatment Instructions:

- Using the ampules from the Biopelle Tensage Interactive Serum 40 box:
 - Apply twice more the day of the treatment
 - Apply to the affected area twice a day (AM once, PM once)
 - [YouTube Link for Instructions](#)
- Follow Dr Macha aftercare instructions for 6 hours after the procedure and apply topicals during this time.
- After this initial period of 6 hours, you may apply hydrating or intensive hydrating cream and sunscreen and continue active products, except retinoids, alpha or beta hydroxy products.
- The sunburned feeling and swelling usually last 1-3 hours. Applying ice/cold compresses may give relief and reduce the swelling duration.
- Edema, redness, blanching is expected and generally improves in 24-48 hrs, but can be covered up by applying makeup.
- There may be a slight amount of swelling. Crusting of pixels may be expected Pigmented areas may begin to flake after a few days. Makeup is okay to use after 48 hr
- Use a gentle cleanser, do not rub the skin and avoid hot water during this time.
- No shaving over treated area as long as it is red and/or swollen
- Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the areas treated area for one week or fully healed
- Itching and dryness may occur and we recommend post procedure healing Growth Factor and a Hydrating Moisturizer. Discomfort may be treated with Tylenol.
- Avoid all injury and sun exposure for at least 2 weeks and during treatment series. We recommend Sunscreen SPF 50 with UVA/B protection with Zinc or Titanium Dioxide to be continued throughout treatments.
- Avoid excessive heat or friction to the treated area (heavy exercise, saunas) as well as swimming pools or hot tubs for one week.
- Sun spots and age spots will DARKEN . Do not pick these spots once they become dry. They will lift and fall off on their own.

Please call us at (734) 249-8722 for any concerns

4900 Jackson Road | Ann Arbor, MI 48103 | 734-249-8722 | www.cosmediclasermd.com