



RUMA MOXI

PRE AND POST CARE

PRE-TREATMENT CARE:

- Can not be pregnant or nursing.
- Avoid alcohol at least three days prior to treatment. This will help diminish the swelling after your treatment.
- Avoid extended sun exposure, i.e. beach, travel to sunny locations, sunbathing, sports, outdoors, etc. 2-4 weeks leading up to treatment.
- Inform Moxi clinician if you have been on accutane in the last 6-8 months.
- Inform Moxi clinician or consult with your doctor if you are on any photosensitizing medications that could prolong wound healing, or affect coagulation.
- Avoid using self tanner for 2-4 weeks leading up to treatment.
- Avoid retinol for 3-4 days before treatment.

POST-TREATMENT CARE:

- Avoid alcohol for 72 hours.
- The area will feel extremely warm for 1-2 hours after treatment. Warmth may continue 12-24 hours after treatment.
- Apply cold compress to cool the skin for comfort as needed.
- Redness is normal and expected. Redness generally increases for the first few days after treatment with day three usually being the most intense. Redness can persist up to 7 days depending on intensity of the treatment.
- MENDS (microscopic epidermal necrotic debris) will appear on the 2nd to 3rd days after treatment as tiny sand like texture or dark spots and treated area will have bronzed appearance.
- Swelling, itchiness, irritation crusting, redness & pinpoint dots can occur after treatment for 7-10 days. We highly recommend The Goodnight Co. Silk Pillowcase to help increase the hydration in your skin longterm.
- To maximize the Moxi treatment during the first 2 weeks, we recommend using Alastin Regenerating Skin Nectar or ZO Growth Factor Serum to help with the healing process. Please apply the Skin Brightening Sheet Mask provided the evening of your treatment. It can be placed in the fridge prior to application which will aid in inflammatory and erythemic relief.
- Avoid any harsh exfoliants i.e. harsh scrubs, washcloths, loafas, exfoliating mitts, or any other rough surfaces for 7-10 days after treatment.
- Avoid using retinol 7-10 days after treatment.
- Avoid exercise and high heat activities for 24 hours after treatment.
- It is best to avoid sun exposure for 24 hours after treatment. If outside it is advised to limit time in the sun and protect your skin by wearing a hat.
- Avoid makeup & sunscreen for 24 hours. (with the exception of Jane Iredale mineral makeup) & ZO or Alastin SPF.
- Avoid hot tubs, hot showers, hot baths, saunas & any excess heat for 7-10 days after treatment.

If you have any questions before or after your appointment, you can email us at info@rumaesthetics or call/text us at 801-529-8628.

Thank you for choosing RUMA Aesthetics!