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*aesthetics*

# 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. 1-2 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 4-5 days before treatment.
- Please keep in mind injections can be performed after any MOXI treatment. You must wait 2 weeks after any filler, PRF or threads and 6 weeks after any Botox/Dysport to receive a MOXI 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 day 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 to help with the healing process.
- 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 48 hours after treatment.
- It is best to avoid sun exposure for 1 week after treatment. If outside it is advised to limit time in the sun and protect your skin by wearing a hat, and reapplying SPF every 2 hours.
- 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](mailto:info@rumaesthetics) or call/text us at 801-514-7650.

Thank you for choosing RUMA Aesthetics!