

## Profound

### Post-Treatment Instructions

1. Apply ice to the area (not directly on the skin) for 15 minutes. Then remove for at least 15 minutes before reapplying. Do this every 2 hours for the first 2 days.
2. For the first 48 hours do the following:
  - a. Cleanse your face with a very mild cleanser 2-3 times per day. This will help prevent infection. Ok to use anti-bacterial soap.
  - b. Apply Aquaphor or similar ointment to the face. The ointment should be a moderately thick area. We are trying to prevent the wounds we created from drying out and creating scars.
  - c. Elevate your head for the first week while sleeping - most important for the first 48 hours. This may reduce swelling.
  - d. Change your pillow case nightly.
  - e. Do NOT sleep with pets - again to prevent infection.
3. Wear sunscreen every day and reapply for the next 8 weeks while your skin heals. This will prevent pigmentation. We also recommend wearing a hat or staying out of the sun if possible.
4. Use Arnica if this was suggested to you to decrease the amount of bruising.

If you have any questions or concerns, contact us at (802) 861-2273 or email [info@barevt.com](mailto:info@barevt.com).

\*In case of emergency - please contact Jamie Spano (owner) at (802) 999-4070.