



The MOXI™ Laser by Sciton is the latest fractionated non-ablative laser treatment to provide a gentle approach to laser resurfacing. MOXI™ was designed with everyone in mind! Designed to treat all skin types, ages, at any time of the year, MOXI™ was created out of a clear and indisputable demand for better preventive skincare treatments. The idea of “prejuvenation” is perfect for those just starting their skincare journey, looking for a light touch-up, or those wanting something more but without downtime. MOXI™ opens the door to a younger patient demographic, as well as those looking to maintain their skin through light revitalization.

A 1927nm wavelength creates controlled zones of coagulation to chosen depths into the dermis that stimulate collagen production and reduce unwanted pigmentation. This technology can also be used to treat a broad array of skin lesions and blemishes. Treatments result in consistent, visible improvements with minimal-to-no-downtime, little discomfort, and minimal risk.

The MOXI Fractional treatment creates outcomes based on the aggressiveness of the treatment considering your skin concerns, the health of your skin, and your individual healing ability. Due to this, patient response can vary after a MOXI™ fractional treatment. Proper preparation for treatment and appropriate aftercare is critical to achieve the best effect while minimizing side effects.

### **BEFORE YOUR TREATMENT**

- Please discontinue any products containing active ingredients: Benzoyl Peroxide and Retinol (Retin-A, Tretinoin, Vitamin A) 7 days prior to treatment, AHAs/BHAs (Alpha-Hydroxy & Salicylic Acid) 5 days prior to treatment. Avoid Hydroquinone for 3 days before your treatment.
- The skin should not be irritated or peeling (such as may occur with topical retinoids, exfoliants, and other skin treatments) and should not have any active areas of infection (herpes/cold sores, bacterial, or other infections) prior to treatment.
- Cold Sores. If you have a history of cold sores, please inform your provider so we can see about Rx care. If you have previously suffered from facial cold sores, there is a risk that this treatment could contribute to a recurrence.
- If you have had the medication Accutane or its generic forms within the past year, this treatment is not recommended.
- Avoid Sun Exposure (including tanning beds) for at least 14 days prior to treatment. Avoid Sunless tanning creams or sprays on treated areas prior.
- Please shave the treatment area the day before your appointment.
- Please try to arrive at your appointment with a clean face and without makeup.
- Please bring a wide-brim hat with you on the day of your treatment to protect your skin when you leave the office.

### **WHAT TO EXPECT**

- **DAY 1:** Skin will be pink and flushed after treatment, depending on the intensity of the treatment flushing should only last 4-6 hours. Possibly up to 12-24 hours for more sensitive skin types. You will feel a mild burning sensation immediately post-laser that will last 30-45 mins. Immediately after the treatment, swelling is common and expected. The use of clean compresses or ice packs help alleviate the heat sensation and swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post-treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment. Taking arnica, which is a natural herb, can also help reduce and minimize swelling. Do not apply makeup preferably 3-5 days.
- **DAY 2:** Dryness may be more noticeable on the second day and is a part of normal healing. Slight swelling may occur. Apply moisturizing botanical healing serums that can have natural antiseptic properties like hyaluronic, SkinCeuticals Phyto-Corrective Gel, Phyto-C O-Live Gel, and post- procedure botanical oils or moisturizers as often and as much as needed. Keep your skin well moisturized to support the healing process. A Post Treatment sheet mask is recommended for 15- 20 mins the day after treatment to help with healing.
- **DAY 3-5:** The skin can feel dry and have a “sandpaper” texture-like feeling. You will increasingly notice tiny dark pinpoint and bronzed appearance to the treated skin: microscopic columns of wounded tissue which produce scanning patterns visible on the skin called MENDs (microscopic epidermal necrotic debris). This is a part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture, and will begin to flake and peel. If the face is treated, it could take 5-7 days



for the peeling process to be completed. If the neck, chest, or anywhere on the body was treated, this process could take up to 2 weeks. During this time, a slight outbreak of acne or milia is possible. Staying as hydrated as possible usually helps minimize any potential breakouts.

- **DAY 5-7:** If not too dry, you can lightly and sparingly incorporate a toner with AHAs/BHAs to help minimize breakouts when most of the pinpoint texture has flaked off. After all the peeling is finished, the skin starts feeling smooth and starts to brighten up 7-10 days after the treatment.

#### **AFTER YOUR TREATMENT**

- All your skin care products should be non-irritating and non-clogging for the first week or so after MOXI™ Skin Resurfacing. Do not use products that will cause irritation during this time.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. Do not scratch the treated area as scarring and pigmentation complications can occur. Also do not pick, rub, or force off any skin during the healing process, this could also result in scarring, pigmentation complications, and infection!
- Do not use a scrub, washcloth or a Clarisonic brush. Do not shave. Cleanse areas treated twice daily. Do not use exfoliating products such as retinol, glycolic acid, salicylic acid, AHAs (Alpha-hydroxy acids), and Benzoyl Peroxide for 7-10 days.
- HA Immerse and hyaluronic serums are great additions for healing relief and are recommended for purchase. Post-procedure healing creams and ointments such as Alastin Skin Nectar are also available for purchase.
- Moisturize. Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you should use should be non-clogging, or else you could develop breakouts.
- During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Reapply whenever your skin feels dry.
- **SUNSCREEN IS A MUST!** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 40 or more. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Practicing diligent sunscreen use may lower the risk of laser-induced hyperpigmentation. Strictly avoid any sun exposure to the treated area for a minimum of 14 days after the procedure. Preferably for a month!
- You may resume your normal skin care regimen and resume shaving when your skin is fully healed.
- Avoid strenuous exercise and sweating for 1-3 days.
- Typically, after the MENDs have fully sloughed off, makeup can be worn.
- Make sure you are drinking at least 6-8, 8 oz. glasses of water a day as your body needs internal nourishment for new cell regeneration.
- **Abnormal Healing.** If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion,) or any other problems, or if you feel you are having an adverse event, please contact Ari Blanc Medical Spa immediately (267) 687-7436.

**If you have any questions or concerns, please call or text Ari Blanc Medical Spa at (267) 687-7346.**