

## Venus Viva™ Post-Care Instructions



### **Your Procedure**

The procedure you have selected is Venus Viva™. The goals of this procedure are to soften the fine-moderate wrinkles of the face, neck or hands, acne scars and textural irregularities. Venus Viva™ is usually performed as an outpatient procedure, using topical anesthetic.

### **Post-Operative Course**

#### **DAY 1-5:**

The healing time for any given procedure varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.

#### **Swelling/Discomfort/Redness:**

Swelling of your wrinkles occurs immediately. Significant swelling of the treated and untreated parts may occur following your procedure and will be maximal at 24-48 hours. To minimize swelling, keep your head elevated. It is not uncommon for clients to have their under eye area swollen for the first 1 to 2 days, but this swelling will subside. There will be redness and very minimal warmth emanating from the area for the first 24 hours (feels like a mild sunburn). You should notify us if you experience pain that is severe or excessive, as this is unusual.

#### **Activity:**

Post resurfacing discomfort is mild, and you may return to regular activities immediately. It is advised that you avoid hot tub and pools for 24 hours (bacteria in them can enter into the newly created channels in your skin and cause an infection). Do not apply an ice or cooling compress, as the heat response is the body's natural healing response.

Your mouth, if treated around the lips, may be very swollen, tight and feel tight when opening. Apply post treatment moisturizer recommended by the practice, as often as you like during the day and if the tightness is bothering you or becomes itchy, you may use Evian Facial Spray water, on the area as often as you like.

1. **Make-Up:** In 24 hours, most resurfacing clients are ready for makeup to hide the pinkness of the skin. You can apply mineral make-up using clean make-up brushes to minimize bacteria on the skin. It is important that you remove all make-up that is applied to the skin at night. Do not sleep with make-up on the treated area.
2. **Sun Avoidance:** Sun avoidance should become a permanent component of your long-term skin care program. Always use an SPF 30 or greater. You may apply sunscreen 24 hours after your treatment.



3. **Long-Term Skin Care:** In addition to sun avoidance, we suggest all clients use long-term skin care that will optimize the youthful, rejuvenated appearance you have achieved. We offer clients a program for long-term maintenance of your facial skin. This unique program offers state-of-the-art rejuvenating creams that are only available and administered by our medical team.

#### **Warning Signs:**

The following are some of the symptoms that should alert you to the possibility of an impending or existing complication and you should contact the clinic:

Infection: Infection may be present if you notice:

- Increased (rather than decreasing) facial swelling after the first 24-36 Hours
- Redness spreading beyond the area of resurfacing that is warm and tender to touch.

### **Post-Care Venus Viva™ Home Regimen**

#### **DAY 1-5:**

- Refrain from exposure to saunas, hot tubs, and ice packs for 24 hours
- Moisturizer: Apply a light film as often as required, several times a day, to prevent the skin from becoming dry. Only use the treatment cream recommended by your prescribing treatment provider.
- To reduce excessive dryness and itching, spray the treated area with pressurized water, such as Evian Facial Spray, as often as necessary for your comfort.



Please contact us with any questions or concerns at 607-220-8778.  
**FOR AFTER-HOURS EMERGENCY CARE, PLEASE CALL 607-423-5898.**