



E-Matrix: Pre and Post Care Patient Instructions

PRE TREATMENT:

- Avoid the sun before treatment. Recently tanned skin cannot be treated.
- *Patients who have taken Accutane within the last 6 months are NOT eligible for E-Matrix® Treatment.*
- Safety considerations are important during the procedure. Your provider will take all necessary precautions to ensure your safety.

POST TREATMENT:

First 24 Hours after Treatment:

- Please keep the treated skin completely *clean and dry* for 12 hours.
- Do not rub or pick at the skin, and avoid any irritation to the treated area.
- During the first two days following treatment, avoid hot baths, massages, etc.
- Do NOT apply any products or makeup for first 12 hours after treatment.
- Do NOT go in the sun! Bring a hat if necessary for the drive home.
- Sleep on your back if possible to prevent swelling.

Days 2-7 Following Your Treatment:

Recommended Skin Care:

- Mild Cleanser – Use once or twice daily (*Recommend Skinceuticals Gentle Cleanser*)
- Post Treatment Cream – Use as needed on treated area (*Recommend Skinceuticals Epidermal Repair*)
- ***What to expect:***
- Possible redness, itching and swelling that will decrease over the next 5 days. Expect skin to feel like coarse sandpaper, grainy, with brown grid markings.
- Your face will flake and peel as it heals; Refrain from touching or scratching the treatment area.

Causes for concern: Treated skin that appears to be “weeping” white or yellow fluid, bleeding; an outbreak of cold sores; a large area of scabbing; significant swelling; severe pain; fever/chills; or nausea/vomiting.

Contact our office immediately **(317) 855-9100** if you experience any of the above symptoms.