

## **elos Plus Treatment Guidelines**

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### **About the Treatment:**

The elos Plus is an energy based device that uses optical, radiofrequency and infrared energy to treat the skin. I use the elos Plus for skin rejuvenation, wrinkle reduction, and treatment of pigmented and vascular lesions and acne scars.

The SRA handpieces combine optical and radiofrequency energy to offer a safer IPL (intense pulsed light) treatment. The SRA handpiece is good for facial rejuvenation and helps treat pigment and blood vessels on the surface of the skin.

The sublative handpiece uses fractionated bipolar RF energy to create microscopic zones of thermal injury. The result is increased collagen production. Sublative rejuvenation is good for uneven skin texture, acne scars, and collagen stimulation.

The Sublime handpiece combines radiofrequency and infrared energies to tighten lax skin. This is a good treatment for patients with mild skin laxity.

### **Pre-treatment Instructions:**

Please arrive to the clinic with no makeup on your face, neck and around the eyes. The skin should be completely clean to allow the laser energy to properly penetrate the skin.

Avoid sun exposure, tanning beds, and self-tanners for 4 weeks prior to your treatment. It is best to apply sunscreen at least 3 times a day in the weeks leading up to treatment. Patients with tanned skin and recent sun exposure may be asked to delay treatment. Patients with dark skin types may not be good candidates for SRA treatment but may have Sublative and Sublime treatments.

Please stop using all irritating skin products for 1 week prior to your treatment. This includes retinoids (retinol, Retin-A), salicylic acid, glycolic acid, AHA, BHA, scrubs, and other exfoliation treatments.

### **Post-treatment instructions:**

Keep the skin moist and protect the skin from the sun.

It is important to not rub, scrub or pick the skin after treatment. The skin will appear red and swollen after the treatment. There may be square or grid marks on the face after treatment which will resolve within the first week after treatment.

Dark spots will darken after treatment and eventually crust and flake off usually within the first week after treatment.

Do not start using your regular skincare products until your skin has healed. Gentle cleansers, moisturizers and sunscreen are okay to use after treatment. Makeup can be applied immediately after IPL and Sublime treatment and 1 day after Sublative treatment.