

Day 1: Treatment day

- Spray treated area with spring water as needed
- Clean ice packs may be applied to treated area with clean hands
- After heat has dissipated Cerave may be applied to relieve tightness and itching before bedtime
- Apply a thin layer of laseryn gel from the post care kit with clean hands the night of treatment and after washing in the morning.
- Benadryl or ibuprofen prior to bedtime for swelling, per your provider instructions
- Sleep slightly upright the night of treatment.
- On areas treated other than the face please wear loose fitting clothing on treatment day and for the next 3 days. It is important to keep the treated area, hydrated and clear of any material contact that may prematurely sluff off MENDS or cause infection.

Day 2-4

- AM Wash only with Gentle cleanser
- Apply Laseryn Gel every AM until sample is gone
- Apply Cerave and provider recommended sunscreen (ie TIZO) with clean hands
- Throughout the day you may re-apply Cerave as needed for tightness and dryness
- PM wash with Gentle Cleanser and apply Cerave
- Avene Cicalfate may be applied if necessary for tightness and dryness
- Do not exfoliate or scrub MENDS off prematurely

Day 4-5

- Continue to wash with Gentle cleanser AM/PM and apply Cerave and/or Cicalfate for added moisture
- Mineral makeup is ok to apply

Day 5-7

- As the MENDs sluffs off you may return to your regular face wash if desired.
- Do NOT use retinol, salicylic acid, vitamin C or active ingredients for 10-14 days post or per your provider instructions

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 913-338-5476 during business hours. For an after hours emergency please contact your technician.

Signs of infection include:

- Drainage – looks like pus
- Increased warmth and extreme itching at or around the treated area
- Fever of 101.5 or greater