



BOVIE DERM

- Leave your band aid on for the first day, don't get the area wet.
- If you have been instructed to use stem cell product, follow instructions.
- On days 2-7, wash the area gently every morning and night with warm water and a mild soap like ISClinical, Cetaphil, Cerave or similar. Don't use hot water, harsh soaps, anti-aging or acne washes like benzoyl peroxide, glycolic or salicylic on the site. Do not use any scrubs or washcloths over the area treated, wash with gentle massage only.
- On days 2-7, apply a small smear of CeraVe Ointment (or similar mild ointment) with a Q-tip (not your hands) to the site frequently throughout the day to prevent the area from drying out. This will help prevent scabbing. **DO NOT USE NEOSPORIN** or other topical antibiotic ointments unless specifically instructed to do so. Even if you've never had any reactions in the past, topical antibiotic allergies can develop over time and can cause a contact dermatitis which inhibits the wound's ability to heal.
- If instructed to do so, apply a fresh band aid over the site twice daily after washing and applying the ointment for a week.
- Don't pick at any scabs that may develop, you'll increase the risk for infection and scarring.
- Keep the treated areas protected from sun and tanning for at least 30 days. UV exposure from the sun and tanning beds can cause scarring and permanent pigmentation changes.
- Expect a post inflammatory hyperpigmentation (PIH) to develop after the wound heals. This is a pink or red stain in the skin that developed as a result of the normal wound healing inflammatory response. Everyone's development of PIH is unique to the individual and their body's ability to heal. PIH will fade with time.

If you had capillaries treated, follow these instructions:

- Don't expose the area to direct heat or hot water for 48 hours; it may open the capillaries again before it can heal closed. Wash with cool-warm water only. After 48 hours you can resume your normal routine.
- Don't pick at any scabs that may develop, you'll increase the risk for infection and scarring.

If you develop any warmth, redness, drainage, pus, increased pain or swelling to any of the treated sites, contact me immediately. Please feel free to call or text me 24 hours a day if you have any questions or concerns at 708-228-9245.