



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.

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 minimal warmth 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, except you should not exercise for 24 hours. It is advised that you avoid hot tub and pools for 72 hours (bacteria in them can enter into the newly created channels in your skin and cause an infection). Do not apply ice or cooling compresses 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 aquaphor moisturizer on the first day and a facial moisturizer with sunscreen thereafter, as often as you like during the day and if the tightness bothers you or becomes itchy, you may use Evian spray water, on the area as often as you like.

1. Make-up:

In 48 hours, most resurfacing clients are ready for make-up to hide the pinkness of 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.

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 will soon offer clients a program for long-term maintenance of your facial skin. This unique program will offer 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:

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

POST VENUS VIVA HOME REGIME

Refrain from exposure to saunas, jacuzzis, ice packs for 24 hours. Apply aquaphor moisturizer on the first day. Don't use any exfoliating facial wash for the first two weeks. Apply a facial moisturizer with sunscreen thereafter, applying a light film as often as required, several times a day, to prevent the skin from becoming dry. To reduce excessive dryness and itching, spray the treated area with pressurized water such as Evian, as often as necessary for your comfort.