

## Active/Max/Total/ Deep FX Post-Treatment Instructions

### Office Visits

Plan on returning to Dr. Cockerham's Los Altos office the day after your treatment, Day 3, 7 and then weekly until healed. This may vary depending on treatment depth and your response to the treatment.

### Day of Treatment

- Do not wash the treated area or take a shower.
- Apply ice packs for at least 30 minutes of every waking hour for the first 24-48 hours to minimize swelling.
  - Use either sandwich-size zip-lock bags of ice or frozen packages of veggies encased in a zip-lock bag. Wipe the zip-lock bag with alcohol before applying to treated areas.
- Take SinEcch™ as directed on package.
- Take Augmentin® and Valtrex® before going to bed (you should already have taken your Diflucan® prior to treatment).
- Take Vicodin® as needed for discomfort (one pill every four to six hours).
- Do not touch the treated area unless you have washed your hands with antibacterial soap or Purell® waterless hand sanitizer.

### Day 1 after Treatment

- Take Augmentin and Valtrex morning and night. Continue with SinEcch.
- You will return to the office for evaluation and to review instructions, answer questions, etc.
- You may take a shower, but do not get the treated area wet with regular water.
- Wash your hands with Purell.
- Gently cleanse treated areas:
  - Mix one tablespoon of white vinegar with 8 oz. of sterile or distilled water
  - Blot treated areas with this mix using sterile gauze
- Apply Aquaphor® ointment
  - Put a dime-sized amount in your palm, and rub hands together quickly to warm the Aquaphor, evenly coating your palms. Gently press palms onto treated areas. This is all the coverage your skin needs at this stage.

### Days 2 and 3

- You may shower, but don't let the water spray directly onto the treated areas.
- Take Augmentin and Valtrex morning and night. Continue with SinEcch.
- Even if you do not feel itchy, take 50 mg of Benadryl® at bedtime. This will prevent you from accidentally scratching yourself at night from the itching caused by the mast cell release of histamine.
- Continue to cleanse with vinegar and distilled water solution. Apply Aquaphor as above.

### Days 4 and 5

Once you are more brown than red, you will be transitioned to an alternative routine. The face heals the fastest; other areas, such as neck and chest, are often days behind. If you are having your eyelids treated, they will remain significantly swollen for at least one week and red and slightly swollen for 30–60 days.

- Cleanse gently with Cetaphil® cleanser twice daily. Apply to dry face and splash off with water. No rubbing. Apply Cetaphil lotion.
- Transition to Jan Marini Transformation Serum® or cream in the morning and evening once the products do not cause stinging.
- If you feel dry or too tight, use a small amount of Aquaphor as earlier directed.
- Apply Colorescience® Sunforgettable micronized mineral sunblock at least every two hours when driving or outside. Remember car and house windows have no UV block.

### Days 5-14

The following regimen may continue for two weeks on face and treated areas.

- Continue daily regimen of Augmentin and Valtrex until finished.
- Continue cleansing and moisturizing regimen as noted above.
- Flaking of brown spots begins.
  - To ensure an optimal healing process, allow spots to flake naturally; do not hasten their removal by excessive rubbing.
  - Take 50 mg of Benadryl at bedtime to relieve itching sensation.
- Once you are mostly brown, add Neutrogena Helioplex® sunblock, Jan Marini sun block, or SkinCeutical sunblock each morning.
- Continue the Colorescience sunblock whenever going outdoors for at least the first six months to maximize your outcome.

### Weeks 2-8

To maximize your outcome:

- Resume your twice-daily regimen with effective skin products.
- Add Jan Marini Skin Booster after washing in the evening.

Protect your skin! Avoid the following, unless specifically instructed by Dr. Cockerham:

- Direct sunlight as much as possible
- Granules, microdermabrasion, facials
- Glycolic products
- RetinA, Hydroquinone, Tri-Luma
- Clarisonic brush
- Waxing
- Massage with your head in face cradle

### Areas for Concern

If you experience any of the following, please contact Dr. Cockerham immediately (cell 650-804-9270 and dr@CockerhamMD.com). An untreated infection can result in permanent scarring of the treated area.

- A scab that looks different than the brown treated areas, especially if tender
- Excessive swelling and redness
- Pain
- Vesicle formation (small fluid-filled cysts)
- Crusting or seeping
- Odd smell to face
- Fever, chills, malaise

If you have red areas, it may be the formation of hives, which sometimes form at the edge of the treated area.

- Continue to cleanse with vinegar/distilled water solution.
- Take 25 mg of Benadryl and apply cold compresses.
- Do not apply Aquaphor in the affected areas.

### Additional Instructions

Medications: \_\_\_\_\_

Notes: \_\_\_\_\_

Next Appointment: \_\_\_\_\_