



Sylfirm X – Post Treatment Care

Patient response can vary after a SylfirmX treatment. SylfirmX is a treatment whose precise depth has been determined based on your concerns and the condition of your skin. It is normal to have Erythema (redness) and possibly edema (swelling) within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your treatment. Your physician has customized your treatment for your skin condition, so some areas may have more sensitivity than others and this is normal.

- Redness normally persists for 1 – 7 days depending upon the depth of the treatment.
- Swelling is typically a short-term response. Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep on your back with an elevated pillow the first night after the treatment. It is imperative that you have a fresh clean pillowcase. Keep hair pulled back away from the treated area while sleeping.
- If an antiviral was prescribed for you, continue to take as directed for the prevention of cold sores (herpes breakouts).
- Post treatment discomfort may be relieved by over-the-counter oral pain relievers, i.e. Extra Strength Tylenol. Oral Benadryl may help itching but can be sedating.
- The skin may feel rough and will have micro-scabs on the surface which may be brownish in colour giving the skin a slightly darker appearance. Do not scrub off these scabs and avoid picking or peeling them. They will slough off naturally over time.
- Oozing or seeping of clear serous fluid may occur if some of the scabbing peels off, in the case of intense treatments. This can last for 24-72 hours depending on the treatment depth and is a process of the skin healing.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser, beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Be careful not to rub the treated area.
- After cleansing your face spritz your skin with a light mist of Hale Derma Spray and allow to dry.
- Next, apply a light moisturizer that does not contain actives such as retinol. Do not allow the treated area to dry out. Healing occurs more rapidly if the skin surface is kept moist and protected.
- Sunscreen and make up may be applied the morning following treatment.
- As with most aesthetic treatments, SylfirmX treated skin may be more sensitive to sun, so it is imperative to wear a full spectrum sunscreen.
- When showering, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water for 24 hours.
- Avoid hot showers, hot tubs, saunas, steam rooms and hot yoga for 48 hours post treatment.
- Avoid strenuous exercise and sweating until after skin has healed, 24-48 hours.
- In some cases, patients experience breakouts or small pustules post treatment. This is normal and transient. Spraying Hale Derma on the skin 4-5 times a day post treatment will aid in keeping the skin free from pathogens and reduce the likelihood of break-outs and the severity.

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