



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE MOXI

For those new to Moxi, or if it's been a while since we last saw you, a pre-treatment consultation is required to ensure it's the right treatment for your skin, as well as address all pre and post care instructions prior to treatment.

- Moxi is not suitable if you are pregnant.
- Moxi treatment cannot be performed if Isotretinoin (Sotret, Claravis, Amnesteem, and Accutane) has been taken within 6 months.
- If any of the above applies to you, please give us a call so that we can assist you in booking a more suitable treatment.

1 WEEK BEFORE TREATMENT:

- Avoid prolonged sun exposure as well as self-tanner, the treatment cannot safely be performed on excessively tanned or sunburned skin.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid blood-thinning medication (ex. Aspirin, ibuprofen, etc.) to minimize the risk of swelling. Always consult your primary care physician before stopping any prescribed medication.

1-3 DAYS BEFORE TREATMENT:

- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products, as well as any type of chemical peels, and any exfoliants.

AFTER MOXI

IMMEDIATELY FOLLOWING TREATMENT:

- The treated area may be extremely warm for 1-2 hours after the treatment and may continue for 12-24 hours after the treatment.
- Swelling is common - a cold compress may be used. To avoid further swelling, you may choose to sleep in an upright position the first 2-3 nights after the treatment. Swelling is most prevalent the first morning post treatment, especially under the eyes. Swelling generally lasts 2-4 days.
- Redness is common - it generally increases in intensity for the first few days after treatment, with day 3 being the most intense. It can persist for up to 7 days depending on the intensity treatment and will dissipate shortly thereafter.

1-7 DAYS FOLLOWING TREATMENT:

- MENDs (microscopic epidermal necrotic debris) can appear during the initial days after treatment as tiny dark spots and a bronzed appearance to the treated skin.
- MENDs are part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and feel like sandpaper before flaking and peeling off. Do not pick at your skin.
- Keep your skin well moisturized to support the healing process; a mineral spray can be used to provide moisture and comfort. Alastin Skin Nectar is also recommended to facilitate the healing process.
- Avoid anything that causes sweating or flushing - this includes strenuous activities, hot temperatures, saunas, and hot baths/ showers.
- Use only gentle skincare products that do not contain active ingredients for up to 7 days after your treatment. See below for guidelines.
- Makeup can be applied 24 hours post treatment.

SKINCARE RECCOMENDATIONS:

CLEANSING:

Cleanse the skin two times a day (morning and evening), using a gentle cleanser and lukewarm water. Apply the cleanser using light circular motions, rinse well and gently pat the skin dry with a clean towel. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZER:

Moisturizer should be applied generously with clean hands over the treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your practitioner - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with a broad spectrum UVA and UVB protection and an SPF of at least 30. Be sure to reapply every two hours if you're spending time outdoors.

Remember that one is a treat, 3 to 5 is a treatment. Best results present themselves after 3 rounds of Moxi, ideally 4-6 weeks apart.

Everyone's skin is different and your results and recovery time may vary.

We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare