

OPUS RADIOFREQUENCY PLASMA INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

- 6 months prior to treatment, absolutely NO Accutane
- 14 days prior, avoid all laser treatments and sun exposure
- 7 days prior, stop using all topical Retinoids including Retin A
- 3-5 days prior, increase water intake to 48 to 64 oz per day, including the day after treatment. Avoid excessive alcohol.
- 3 days prior: No peels, facials, exfoliants, topical antibiotics, exfoliating masks, or hydroquinone, benzoyl peroxide acne products, alpha hydroxyl acids (AHA), or beta hydroxyl acids (BHA).
- If you have history of cold sores, Dr. Cockerham will prescribe Valtrex 500mg (one pill twice daily starting 2 days prior to treatment and continuing for a total of five days. .
- Darker skin types may choose to pre-treat with hydroquinone 2 weeks prior to treatment.
- You may use Arnica Montana pills to help prevent bruising 2 days before (you can usually find them at a health food store) or you can purchase Arnica Forte capsules from Dr. Cockerham's office.
- Purchase a gentle lotion such as CeraVe or Cetaphil and an SPF 50 sunblock for the face.

DAY OF TREATMENT INSTRUCTIONS

- Avoid lotion, creams, makeup or deodorant in area to be treated. Arrive with clean, washed skin without make-up
- Update Dr. Cockerham about any changes in skin condition, medical history, supplements, and OTC meds
- NO active cold sores, herpes simplex or warts in the area to be treated, open sores, sun burns, within the application area
- Eat a meal and hydrate at least 2 hours prior to treatment

POST-TREATMENT INSTRUCTIONS

- *For the first 24 hours:*
 - Avoid sun exposure, strenuous exercise, saunas, Jacuzzis, any heat, etc. as heat retention in the skin can last up to 24 hours.
 - Make sure to hydrate.
 - Avoid putting any product on the skin and keep dry!
- *For the next 7 days:*
 - Redness may last up to 24-48 hours.
 - When a light scabbing occurs, a wound healing product such as Aquaphor or equivalent can be applied as needed.
 - The skin should only be gently cleansed, moisturized and applied with sunscreen (Cetaphil, CeraVe - available at any drugstore)
 - No ACIDS! Avoid Obagi, Retin-A, other exfoliating products
 - You can apply white vinegar soak to help with inflammation as needed. Mix 1 tablespoon of white vinegar with 1 cup of distilled water. This solution can be kept in the fridge and applied with gauze or cotton pad as needed.
- *After day 7:*
 - If indicated, make-up can be applied. Can resume normal skin routine. Continue to wear sunscreen daily
- If adverse skin effects occur (such as excessive reddening, blistering or swelling), please contact Dr. Cockerham directly: 650-804-9270 or CockerhamMD@gmail.com