

J SPA Medical Day Spa *3D Total Skin Rejuvenation* *(for ages 30–45)*

What it is:

J SPA 3D Total Skin Rejuvenation for ages 30–45 combines three separate but complimentary laser treatments to address a multitude of age-related skin issues, including imperfections at the surface, deeper in the epidermis and in the deep dermis.

Ideal for patients ages 30–45, this multi-tiered approach to skin rejuvenation combines Laser Genesis, Titan™ Laser and LimeLight Facial™ to enhance skin tone, texture and tightness. This unique combination of treatments firms skin, removes red and brown pigmented areas and improves skin tone and texture.

J SPA 3D Total Skin Rejuvenation **for ages 30–45** is generally performed on the face and neck.

Features & Benefits:

- The Laser Genesis procedure utilizes non-invasive laser technology to safely, discretely and effectively treat fine lines and wrinkles, large pores, uneven skin texture, diffuse redness, Rosacea and scars
- The LimeLight Facial™ treats skin redness, telangiectasias and brown spots, reduces pore size, and creates an overall improvement in skin tone and surface imperfections associated with aging and photodamage
- The Titan™ Laser procedure tightens loose facial skin

Duration of Benefits:

- After completion of three treatments, spaced four to six weeks apart, total facial rejuvenation is achieved

Duration of Treatment: 75 Minutes

- Following application of a topical anesthetic (30 minutes) each treatment takes approximately 45 minutes

Treatment Protocol:

- Esthetic cleanse of face and neck
- Application of cooling gel (if applicable)
- Customized spa treatment ritual (30 minutes)
- Laser procedure (45 minutes)
- Icing (optional five minutes)

Candidates:

- Ideal candidates include patients age 30–45 who wish to treat sun damage, uneven skin texture and color, fine lines and wrinkles, and loose facial skin

Contraindications:

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- If you have an active skin infection or eruption, you are not a candidate at this time
- Cannot treat over areas with tattoos or permanent make-up
- Patients should NOT be treated if they had significant sun exposure, or artificial (light based or spray-on) tanning, in the four weeks prior to treatment

What to Expect:

- When the laser shines on the skin, patients will experience a mild pinching or stinging sensation
- You will be given light blocking eyewear for the duration of your laser treatment
- Immediately post treatment, your skin may feel like it is sunburned. This sensation will usually diminish within 24–48 hours
- You should see some improvement within one to three weeks, as the darkened spots flake off and fade. Diffuse redness or telangiectasia will decrease and your mottled complexion will improve

Downtime/Recovery:

- Most patients are able to return to their routine activities, including work and social obligations, the same day as their treatment, while others are red and mildly swollen. Make-up can be applied to cover the redness
- Immediately following treatment, brown spots will start to darken and your skin may appear slightly red
- Swelling generally resolves in 24-48 hours
- Within one to three weeks, the darkened spots will flake off and fade

Pre-treatment Guidelines:

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Six to twelve months before treatment:

- Cease use of Accutane

Four weeks before treatment:

- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing

Two weeks before treatment:

- Cease use of all retinols, Retin-A, Tazorac®, Differin®, and “anti-aging” products containing glycolic, alpha-hydroxy and beta-hydroxy acids

- Avoid all sun exposure and/or tanning beds
- Cease waxing and other hair-removal procedures
- Avoid use of systemic steroids (prednisone, dexamethasone) throughout the course of your laser treatments

One week before treatment:

- Cease the use of all exfoliants, including microdermabrasion treatments

*Post-treatment Recommendations/ Prescriptive Care:
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- Apply post-operative ice packs five to ten minutes at a time, every one to two hours post treatment to help reduce swelling and redness
- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- Do NOT pick at healing areas to prevent scarring. Crusting should be allowed to flake off naturally for best results
- You may apply make-up immediately after treatment to help mask temporary redness and/or swelling
- Avoid direct sunlight and sun exposure for at least three months after treatment

Daily Skincare Routine:

- When washing your face, use a gentle, non soap cleanser (such as Cetaphil®). You can wash as early as the evening following your treatment
- Most skin care products can be used three weeks after treatment; however, avoid use of retinoids and topical corticosteroids for two weeks following treatment and avoid systemic steroids throughout the course of your 3D Total Skin Rejuvenation
- Apply a neutral barrier cream without alpha hydroxy acids (such as Aquaphor®) as often as needed to help treat itching, dryness, flaking and dry crusting. These symptoms will gradually disappear
- Use a broad spectrum sunscreen with an SPF of 25 or higher daily

Product Recommendations:

- Aquaphor® will keep sensitive spots lubricated; an over the counter antibiotic ointment may also be used
- Ask your esthetician for specific product recommendations (such as Epidermal Repair Cream)

Follow Up Visit:

- A follow up visit will be scheduled approximately three weeks post-treatment
- **Call the office immediately if you have any unexpected problems after the procedure**

Return Visits Suggested:

Date: _____

Technician Name: _____

Notes: _____
