

What it is:

A **highly effective** and **advanced non-ablative, non-surgical laser treatment** designed to help diminish stretch marks with minimal downtime.

Ideal for treating new and old stretch marks resulting from pregnancy and weight fluctuations.

J SPA X- Stretch Mark Therapy is generally performed where stretch marks occur, typically on the abdomen, hips and upper arms.

Features & Benefits:

- Helps diminish unsightly stretch marks with minimal down time

Duration of Benefits:

- J-SPA X-Stretch Mark Therapy is applied to your skin in a series of four to five treatment sessions, spaced approximately two to six weeks apart, depending on the problem treated and your skin type
- Throughout the treatment process, the body repairs the deeper dermal tissues producing beneficial changes that continue to improve over the next two to three months
- After the series is completed, your stretch marks should appear less noticeable and no further follow-up is necessary

Duration of Treatment: 45–50 Minutes

Following application of a topical anesthetic (30 minutes) each treatment takes approximately 15–20 minutes depending on the size of treatment area

Treatment Protocol:

- Esthetic cleanse of treatment area
- Application of topical anesthetic
- Customized spa treatment ritual (30 minutes)
- Laser procedure (15–20 minutes)
- Icing (optional five minutes)
- Application of moisturizer & sunblock

Candidates:

- Ideal candidates include those who wish to improve the appearance of stretch marks on the body and have light to medium skin tones

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

What to Expect:

- When the laser shines on the skin, patients will experience some discomfort—not unlike a rubber band snapping against the skin
- Immediately post treatment, your skin will feel like it's sunburned. This sensation will usually diminish within one to two hours
- New skin will start to form within 24 hours after treatment, but it will remain covered by old skin between four to fourteen days. During this time, natural skin shedding will reveal the repaired epidermal tissue and new skin
- You should see improvements of your skin texture shortly after the first treatment
- Over the next three to six months, the appearance of your stretch marks will continue to improve

Downtime/Recovery:

- Redness and swelling is normal following treatment. Healing time varies from person to person
- Swelling generally resolves in one to three days
- On occasion, there are small areas where the skin may actually peel. This is normal and the skin will heal without issue or scarring
- A small degree of redness may last one to two months, or longer in some cases
- Abnormal color and uneven skin tones will improve with each treatment

Pre-treatment Guidelines:

J SPA X-Stretch Mark Therapy

Six to twelve months before treatment:

- Cease use of Accutane

Four weeks before treatment:

- If you have the tendency to hyperpigment, we may recommend a bleaching regimen at this point
- Stay hydrated! Drinking plenty of water before, during and after your treatment will greatly assist with healing

Two weeks before treatment:

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

Post-treatment Recommendations/Prescriptive Care: J SPA X-Stretch Mark Therapy

- 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
- To prevent scarring, do NOT pick at healing areas
- Keep treated area shielded from direct sun exposure for three months post-treatment

Daily Skincare Routine:

- When washing the treated area, use a gentle cleanser that does not contain soap. 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 J SPA X-Stretch Mark Therapy
- Apply a neutral barrier cream (like Aquaphor®) without alpha hydroxy acids 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

Follow Up Visit:

- A follow up visit is generally not necessary
- **Call the office immediately if you have any unexpected problems after the procedure**

Return Visits Suggested:

Date: _____

Technician Name: _____

Notes: _____
