

# RAN Y. RUBINSTEIN, MD

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Patient: «Person\_First\_Name» «Person\_Middle\_Initial». «Person\_Last\_Name»  
«Procedure\_Date»

Surgery Date:

## Pre& post- Medi-Spa Procedure Instructions – General

### Our philosophy

1. State of the art technology: With over 20 different devices and treatment modalities Dr. Rubinstein always offers his patients the latest and most effective skin care treatments.
2. Highly skilled and trained clinical staff: Dr. Rubinstein personally hires, trains, and oversees his skin care staff which include estheticians, nurse practitioners, and physician assistants. Continuing education is an ongoing part of their training and skill development.
3. Safe and effective treatments: We offer honest and realistic recommendations, strive to minimize risk and optimize treatment outcomes by custom tailoring your treatments based on your unique needs. This is accomplished by combining state of the art technology, advanced staff training, and physician oversight to your treatment experience.

### Before your procedure

1. Avoid tanning before your laser procedures as this can increase the risk of complications including burns and pigmentary changes including lightening and darkening of your skin. Alert your provider if you are tan. They will adjust the laser settings or decide to reschedule your procedure.
2. Exercise: Intensive exercise within 24 hours of your laser treatment can increase post treatment swelling after most laser treatments.
3. Timing of laser treatments with dermal filler injections: Significant bruising can affect how your skin responds to laser treatments. It is for this reason that we either perform the laser treatment immediately before your filler treatment or wait 2 weeks for any residual bruising to clear up.
4. Skin care products to avoid: Stop using any self-peeling agents, toners, Retin A, and Retinol products at least 3 days prior to all spa treatments as it will increase skin sensitivity, redness, and swelling. You can resume these products 3 days post treatment.
5. Cold sore prevention: Please let your provider know if you are prone to cold sores or fever blisters around your lip area as some more aggressive procedures can cause a flare up. Starting anti-viral medications such as Valtrex 24 hours prior to your treatment can help prevent an outbreak. Valtrex is continue 24 hours post treatment.
6. Bruising prevention: Any treatment utilizing needles such as microneedling, fractionated microneedling (Secret RF), or PRP injections (for hair loss) can cause bruising which can be minimized by stopping anti-inflammatory medications and most herbal supplements. (a list of medications to avoid is available on our website, About Us section).
7. Pain control. Most of our spa services cause minimal discomfort. More aggressive treatments such as Fraxel and Secret will require 1 hour of topical anesthesia as well as Pronox (low dose nitrous gas). Unlike nitrous (laughing gas) at your dentist, Pronox isn't sedating and you can drive yourself home. Topical anesthesia is contra-indicated for laser treatments of spider veins and facial redness as it can cause constriction of these blood vessels reducing the benefit of your laser treatment.

### After your procedure

1. Tanning and sun exposure: Please refrain from sun exposure and tanning post treatment. The duration will vary from 2 weeks to 6 weeks depending on which laser procedure you had.
2. Exercise: Unless you develop a lot of swelling exercise can resumed within 24 hours post procedure.

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3. Makeup: Avoid makeup for 24 hours post Fraxel, Secret, and Microneedling. Don't use old makeup as this can cause infections.
4. Skin care: Follow each procedure specific instructions for post treatment skin care regimen.
5. Anti-inflammatory medications: Treatments that stimulate collagen for wrinkle reduction and skin tightening can be negatively impacted by frequent use of steroids and NSAIDS such as aspirin, Motrin, and Aleve for up to 6 weeks post treatment.
6. Saunas and hot tubs should be avoided for 2 to 3 days for treatments designed to reduce skin redness and spider veins as they can cause vasodilation.

## How many treatments will be needed?

1. Skin rejuvenation procedures: Treatment of age spots, redness, sun damage, and wrinkles typically require more than one treatment. Each treatment builds on the prior and has synergistic effects when spaced 4 to 6 weeks apart. Three to six treatments maybe required based on your goals and the treatment modality being used. Although there can be some downtime, more aggressive treatments require less repetition vs. gentle treatments to obtain results.
2. Spider veins: Spider veins require 2 to 3 treatments spaced 4 weeks apart for the face and 8 weeks on the legs.
3. Hair reduction: Four to 6 laser hair removal treatments are typically required spaced 4 to 6 weeks apart.
4. Skin tightening non-surgical: The most effective non-surgical skin tightening technologies utilize radio waves. With Thermage, the radio wave is external and with fractionated microneedling (Secret RF) the radio wave is transmitted via the microneedling. One to 3 treatments are typically required with Thermage and Secret RF respectively.
5. Non-surgical body contouring: Most patients benefit from a second CoolSculpting treatments 6 to 12 weeks after the first treatment with 20 to 25% improvement with each procedure in good candidates.
6. Vaginal rejuvenation; The non-surgical Viveve treatment can reduce the symptoms of stress urinary incontinence and enhance sexual wellbeing with just a single treatment with results lasting up to one year.

## Maintenance treatments?

1. Most skin rejuvenation procedures, hair & spider vein reduction treatments should be maintained one to two times per year for optimal results.
2. Skin tightening procedures such as Thermage, Secret RF, and Viveve should be repeated annually.
3. Body contouring results such as with CoolSculpting are permanent if you maintain your weight.

## The role of Cosmeceuticals

1. Pretreatment with cosmeceuticals, 2 to 4 weeks (medical grade skin care products) before your medi spa treatments will enhance your results and reduce the risk of complications. Examples include bleaching agents and sunblock.
2. Cosmeceuticals after your treatments will help maintain your results.
3. Dr. Rubinstein offers his own RubinsteinMD Skin Science cosmeceutical product line as well as other advanced products including Skin Medica.
4. Please inquire about our free shipping and auto refill discounted program. Skin Medica products can also be purchased online directly from our website.