



Viraj V. Tirmal, MD
Internal Medicine

Viraj V. Tirmal, MD LLC

Scarlet Post-Treatment Instructions:

Washing the Skin:

You were advised to avoid washing your face for 6-8 hours. When you wash your face, use a gentle cleanser and then dab (do not rub or scratch) your face dry. After washing your face in that manner, apply 2 pumps of RE|PAIR to the treatment area twice a day for 7 days. After that, apply 2 pumps of D|TOX to the treatment area twice a day for the next 7 days.

Soothing Care:

You can apply cold compresses and/or Aquaphor to alleviate the redness/swelling. Products including vitamin C may cause burning sensation along the treated skin.

Avoid Sun Exposure:

Avoid sun exposure and wear a hat. Apply a broad-spectrum sunscreen (SPF > 30) frequently (2-3 times a day).

Avoid Irritating the Skin:

Do not use peeling or scrub products for 4 weeks. Do not undergo any phototherapy for 4 weeks.

Applying Cream:

Apply a skin booster, growth factor, regenerative and/or moisturizing cream frequently (2-3 times a day). Avoid using alcohol-based or oil-containing cosmetics for 1 week.

Avoid Certain Behaviors:

Avoid vigorous activity, exercise, swimming, hot baths, and saunas for 1-2 weeks. Avoid drinking alcohol or smoking for 1-2 weeks.

The treatment interval for another session is 4-6 weeks. Usually, 3-5 treatments are recommended. If desired, a HydraFacial may be scheduled with us in 2 weeks to help hydrate the skin and achieve optimal results.

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