Quadessy *Aftercare*

Including WavPlus needle-free RF add-ons

Quadessy combines microneedling with radiofrequency energy to firm skin and smooth lines, scars and texture. Gentle care in the first few days protects your skin while new collagen builds.

What to *expect*

When	What is normal
Treatment day	Redness, warmth, tightness and mild swelling. Tiny pinpoint marks in a grid pattern are normal.
Days 1 to 3	Redness and swelling fade. Skin may feel dry, rough or tight. Body areas may stay pink a little longer.
Days 3 to 7	Light flaking as skin renews. Small bruises, if any, fade on their own.
Weeks 4 to 12	Collagen builds gradually. Firmness and texture keep improving through your series.

The first 24 *hours*

Please do	Please avoid
• Wash your hands before touching treated skin.	• Makeup, sunscreen or other skincare products for 24 hours.
• Apply only a gentle, fragrance-free moisturizer. Nothing else on the skin.	• Exercise, sweating, hot showers, saunas and steam rooms.
• Use a clean cool compress for comfort.	• Touching, rubbing, scratching or picking.
• Sleep on a fresh pillowcase. For body areas, wear loose, soft, clean clothing.	• Shaving the treated area.
• Stay out of the sun as much as possible.	• Pools, hot tubs, lakes and the ocean (for 72 hours).

Days 2 to 7

- **Cleanse gently.** Lukewarm water and a gentle cleanser. Pat dry with a clean towel.
- **Hydrate.** Use a gentle, fragrance-free moisturizer as often as needed.
- **Protect.** Mineral broad-spectrum SPF 30 or higher every day, plus a hat. Avoid tanning and direct sun for 2 weeks.
- Makeup is okay after 24 hours if the skin is not broken. Use clean brushes.
- Hold off on actives for 1 week: retinol, tretinoin, glycolic, salicylic or other acids, vitamin C, scrubs and brushes.
- Wait 2 weeks before waxing, peels, facials or laser on the treated area unless your provider has planned them.

WavPlus add-on: WavPlus is needle-free, so it adds only temporary warmth and redness. Follow the Quadessy instructions above for the area treated.

For lasting *results*

- **Complete your series.** Most clients do 3 sessions spaced 4 to 6 weeks apart, with maintenance as your provider recommends.
- **Cold sore history?** If an antiviral was prescribed, take it exactly as directed.
- **PRP add-on?** Follow any extra instructions your provider gives you.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Redness, swelling, warmth or pain that gets worse after 48 hours
- Pus, honey-colored crusting or a bad smell
- Blisters, open sores or a cold sore outbreak
- Fever or feeling unwell
- Redness lasting longer than a week, or new dark or light patches or track marks

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.