

Vivace Pre/Post Instructions

Vivace Pre-Treatment Instructions:

1. Wait at least six months post isotretinoin use before your Vivace procedure, as isotretinoin use may impair proper wound healing.
2. Discontinue the use of topical products containing AHAs, Retinols, or Vitamin A three days prior to your Vivace.
3. Avoid sun exposure, tanning beds or self-tanners on treatment area for at least 72 hours prior to treatment
4. If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior, or discuss whether the procedure is appropriate for you.
5. If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment.
6. This procedure may not be performed on active breakouts or open lesions. Please consult your provider prior to your Vivace procedure to address any such issues.
7. Avoid blood-thinning medications*, supplements and substances for 3 days prior to treatment (If you are prescribed a blood thinning medication such as aspirin or an anticoagulant by your doctor for a cardiovascular condition, then please check with your doctor prior to stopping the medication.)
8. Schedule at least 2 weeks before or after other services.
9. If you have a Pacemaker or Defibrillator; severe hypertension, cardiovascular or cerebrovascular disease; artificial bone, collagen, silicosis or synthetic materials in the treatment areas, ask your provider if this procedure is appropriate for you.
10. If you are on autoimmune therapy, have a bleeding disorder, history of keloid or hypertrophic scarring, ask your provider if the procedure is appropriate for you.
11. Hydrate prior to your Vivace service; drink at least 8 glasses of water per day.

Vivace What To Expect:

1. The treatment area will be numbed for 30 - 45 minutes prior to service with a topically compounded numbing cream.
2. The treatment generally takes about 45 minutes – 2 hours, depending on treatment area(s).
3. Some patients report feeling moderate pinching, stinging, or heating sensations in sensitive areas.
4. The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for an hour up to 24 hours following your Vivace procedure.
5. Some patients experience swelling or mild bruising following Vivace. If this occurs, you may apply an ice pack to the area at least 24 hours after the service.
6. Some patients experience tracking or pimple-like bumps that may last up to two weeks and need to be allowed to heal on their own.

Vivace Post Instructions

1. Apply Weekly Soothe Mask for 20 – 30 minutes to the treated area as soon as you get home, and within 4 hours of treatment. The mask will help sooth redness and irritation.
2. Follow with TNS Recovery Serum, then Boost Glide Serum, and reapply as needed over the next 24 hours.
3. Do not use any additional products during the first 6 hours, unless advised by your provider.
4. 24 hours post-procedure, your provider may advise you to keep your skin clean of cosmetics or sunscreen for the remainder of the day. It is recommended that you clean your makeup brushes prior to use, post-treatment.
5. Cleanse treated area with a mild cleanser with no active ingredients with tepid water, to begin morning after treatment.
6. Avoid use of topical products containing AHAs, Retinols, Vitamin A, or any type of exfoliant, for 7 - 10 days post treatment (or until skin has *completely healed*).
7. Strictly avoid sun exposure, as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure. Continue to minimize sun exposure for 72 hours following the procedure.
8. Avoid hot water, hot tubs, saunas, steam rooms, strenuous exercise, or excessive perspiration for 72 hours, as excess blood flow and sweat can cause discomfort and irritation to compromised skin.

**If any complications occur, please call our office at 281-895-9090.
Afterhours please follow the prompts on our voice message.**