



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR TIXEL

WHAT IS TIXEL?

Tixel is a minimally invasive and minimal downtime treatment to improve collagen production, tighten skin, reverse photo damage and improve skin complexion.

HOW TO PREPARE FOR YOUR TREATMENT:

- Please discuss any potential contraindications with your provider.
- Drink plenty of fluids and water the day before and day of your procedure.
- Although we always recommend avoiding tanning or prolonged sun exposure, it is a requirement to avoid sun exposure before **and** after your Tixel Treatment.
- No Accutane or Roaccutan within 3 months of treatment.
- Avoid medicated and/or active products for-2 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi and BACD brightening products), dapsone, acne products, or precancer treatments as directed by your provider.
- To reduce bruising, avoid NSAIDs (Ibuprofen, Aleve, naproxen, aspirin) for 7 days prior to your Tixel treatment if it is okay with your doctor. It is okay to take Tylenol (acetaminophen) prior to your Tixel.
- Do not dye your hair for the 24 hours leading up to your treatment

WHAT TO EXPECT:

- Plan to have red/sensitive skin after your procedure, similar to a moderate sunburn. Treated areas may be tender to the touch for up to 72 hours after treatment and some swelling is expected. During this time we recommend sleeping on your back, with your head elevated to decrease swelling.
- Avoid smoking and excessive alcohol intake for 24 hours post treatment.
- Avoid overheating skin (very hot baths/showers, sauna, heat, strenuous exercise) for 48-72 hrs post treatment.
- Avoid swimming or any environmental chemical exposure for 48 hrs.
- No physical exfoliating at all, that includes loofahs, cleansing with towels or cloths, picking, makeup removal towelettes and pat dry the treatment area until the micro-crusting is completely gone.
- Notify your provider right away if you note signs of abnormal healing, such as:
 - Redness that is getting worse instead of better, blisters, open sores or any drainage
 - Excessive swelling. Swelling may get worse on day 2 and gradually improve by day 5. For swelling severe enough to interfere with day-to-day functioning, notify your provider. If swelling does not start to improve by day 2, notify your provider.



HOW TO CARE FOR SKIN

DAY 1:

- Avoid all sun and UV exposure. If outdoors during daylight for short periods, use shade protection such as sun hats or visors.
- Apply recommended products to skin every 1-2 hours for the first 48 waking hours. Pat on, do not rub.
- Sleep on your back with your head slightly elevated to decrease swelling.

DAY 2:

- Continue to avoid all sun and UV exposure. If outdoors during daylight for short periods, use shade protection such as sun hats or visors.
- Gently cleanse skin twice daily with water only then apply [Plated Calm](#) or [Alastin Skin Nectar](#) (pat on skin, do not rub). Reapply water-based emollient as often as needed.
- You can use a gentle mineral make-up on day 2, if cleared by your provider (only for low to moderate settings).
- Swelling may be increased today, continue to sleep with head elevated.

DAY 3:

- Continue to avoid sun and UV exposure. Use SPF 50 UV protection and/or wide-brimmed hats when outdoors.
- Continue gentle cleansing morning and night followed by applying a generous amount of emollient. Continue to apply emollient as needed.
- Redness and swelling should be starting to decrease and is usually gone after 5 days.
- Treatment dots, or micropores, begin to slough off on days 3-7.
- Swelling may still be present, continue to sleep with head elevated to help minimize.
- Optional: White vinegar soaks may help with exfoliation. Ratio = 1 tablespoon of vinegar:1 cup of cool water.

DAY 4-7:

- Always apply SPF 50 sunblock before going outdoors, consider sun hats or visors.
- Continue gentle cleansing twice daily followed by either [Plated Calm](#) or [Alastin Skin Nectar](#).
- Mineral make-up may be used, if skin is healing normally (no drainage, open areas, or raised scabs).
- When treatment dots are no longer or barely visible, and if skin has healed normally, resume your normal skin regimen or begin recommended routine skin regimen, as directed by your provider.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.