

# JSPA *3D Total Skin Rejuvenation* Medical Day Spa *(for ages 40–65)*

## *What it is:*

J SPA 3D Total Skin Rejuvenation for ages 40–65 combines three separate but complimentary laser treatments to address a multitude of age-related skin issues, including imperfections at the surface, deeper in the epidermis and in the deep dermis.

**Ideal for patients ages 40–65 with mature skin, this multi-tiered approach to skin rejuvenation combines Pearl™ Laser, Titan™ Laser and LimeLight Facial™ to treat wrinkles and sun-damaged skin, improve uneven skin tone, and enhance tightness.**

J SPA 3D Total Skin Rejuvenation **for ages 40–65** is generally performed on the face and neck.

## *Features & Benefits:*

- The Pearl™ Laser offers the most effective treatment to address fine lines, wrinkles, uneven texture and discoloration without wound care and the lengthy downtime required with certain Erbium and CO<sup>2</sup> laser procedures. Unlike “fractional” treatments, the Pearl™ Laser treats the entire face, minimizing the number of required treatments. The Pearl™ Laser also stimulates new collagen growth filling out and decreasing fine lines and wrinkles. New collagen growth continues for four to six weeks post-treatment
- The LimeLight Facial™ treats skin redness, telangiectasias and brown spots, and also reduces pore size and creates an overall improvement in skin tone and surface imperfections associated with aging and photodamage
- The Titan™ Laser procedure tightens loose facial skin

## *Duration of Benefits:*

- After completion of two to three treatments total facial rejuvenation is achieved
- Treatments are spaced four weeks apart

## *Duration of Treatment:*

***First Treatment: 90–120 Minutes; Second Treatment: 30 Minutes***

- Following application of a topical anesthetic (45 minutes) each treatment takes approximately 60 minutes

## *Treatment Protocol:*

- Esthetic cleanse of face and neck
- Application of topical anesthetic
- Customized spa treatment ritual (30 minutes)
- Laser procedure (60 minutes)
- Icing (optional five minutes)
- Application of Aquaphor® ointment

### *Candidates:*

- Ideal candidates include those with sun damage, uneven skin texture, fine lines and wrinkles and loose and sagging facial skin

### *Contraindications:*

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- If you have an active skin infection or eruption, you are not a candidate at this time
- Cannot treat over areas with tattoos or permanent make-up

### *What to Expect:*

- When the laser shines on the skin, patients will experience a series of brief pinches. On a scale of one to ten, with ten representing pain, most patients report the treatment feeling like a two or three
- Protective eyewear will be given to you for the duration of the laser treatment
- If applicable, the beard area should be closely shaven prior to treatment as the hair will absorb the laser energy
- Immediately post treatment, your skin will feel like it is sunburned. This sensation will usually diminish after the application of the Aquaphor® ointment
- You should see some improvement by day three or four when the superficial tissue has peeled off, revealing fresh, bright, healthy skin underneath

### *Downtime/Recovery:*

- Some patients are able to return to routine activities, however you may not choose to attend important social obligations because your face will appear pink/red for three to four days. Skin may be red and/or slightly swollen for the first three to seven days and then turn darker as the skin begins to peel
- Do not exercise until the majority of skin has sloughed (usually day four or five)
- Make-up may be worn after the majority of skin has sloughed (usually day four or five)
- Avoid all forms of sun exposure as you will not be able to wear sunscreen until healing process is completed

### *Pre-treatment Guidelines:*

#### *J SPA 3D Total Skin Rejuvenation (for ages 40–65)*

##### **Six to twelve months before treatment:**

- Cease use of Accutane
- Advise if you have ever had a cold sore (arrange for pre-treatment with Valtrex®)

##### **Four weeks before treatment:**

- Stay hydrated. Drinking plenty of water before, during and after your treatment will assist with healing

**Two weeks before treatment:**

- Cease use of all retinols, including Retin-A, Tazorac®, Differin®, and “anti-aging” products containing glycolic, alpha-hydroxy and beta-hydroxy acids
- Avoid all sun exposure and/or tanning beds
- Cease waxing and other hair-removal procedures
- Avoid use of systemic steroids (prednisone, dexamethasone) throughout the course of 3D Total Skin Rejuvenation

**One week before treatment:**

- Cease the use of all exfoliants, including microdermabrasion treatments
- Order RX for Valtrex® pre-treatment

**One day before treatment:**

- All patients should start pre-treatment with Valtrex® one day before treatment. Take one pill two times per day for five days

***Post-treatment Recommendations/ Prescriptive Care:  
J SPA 3D Total Skin Rejuvenation (for ages 40–65)***

- Soak the treated area with a clean soft cloth and the following solution: One teaspoon of plain white vinegar to two cups water. This solution may be mixed up ahead of time and kept in the refrigerator
- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Apply Aquaphor® to treated areas three to four times a day or more if needed to maintain a continuous layer on your skin for the first three to four days. Be sure to thoroughly wash your hands prior to touching your face
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- Swelling may also occur. Sleeping on two pillows with your head elevated is helpful
- Do **NOT** pick, rub, scrub or irritate your skin in any way while healing to prevent scarring
- You may apply make-up after the majority of skin has sloughed (usually day four or five)
- Avoid direct sunlight and sun exposure for at least three months after treatment

***Daily Skincare Routine:***

- Washing at least twice daily with a mild non-soap cleanser such as Cetaphil® can be done in place of soaks. You can wash as early as the evening following your treatment
- Most skin care products can be used three weeks after treatment; however, avoid use of retinoids and topical corticosteroids for two weeks following treatment and avoid systemic steroids throughout the course of your laser treatments
- Apply a neutral barrier cream without alpha hydroxyl acids (such as Aquaphor®) as often as needed to help treat itching, dryness, flaking and dry crusting. These symptoms will gradually disappear
- Use a broad-spectrum sunscreen with an SPF of 25 or higher daily once skin has healed

