

## eMatrix Sublative Rejuvenation Treatment Guidelines

Sublative Rejuvenation with eMatrix is a unique procedure which uses radio frequency to deliver an effective but controlled ablative eMatrix treatment to provide a noticeable reduction of fine lines, wrinkles and acne or other scarring. In addition, patients will see an improvement in texture and skin laxity. Optimal results may require multiple treatments.

**Cold Sores:** If you have a history of cold sores, ask us about pre-care instructions.

### History

The demand for laser skin resurfacing has prompted some incredibly creative solutions. Previous resurfacing techniques meant long recovery times, skin that stayed red for months, often loss of natural skin color and sometimes irreversible scarring. The first *fractional* resurfacing laser was brought to the market in 2005 and has quickly become popular with doctors and patients looking for results similar to traditional resurfacing (like CO2 lasers), but without the downtime, pain or risks. Sublative rejuvenation with eMatrix is a unique procedure that uses radio frequency (RF) energy to deliver an effective but controlled fractional ablative treatment with far less downtime.

### Side Effects

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a week after treatment.

- **Swelling:** You will notice most of the swelling the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling:
  - Apply cold compresses to the treatment area for 10 minutes every hour
  - Sleep elevated the first night. Use as many pillows as you can tolerate.
- **Redness:** Most redness resolves during the first week after treatment, but a rosy 'glow' can remain for several weeks. If you wish, you can apply makeup immediately after treatment to minimize the redness.
- **Peeling/Flaking/Dry Skin:** Your skin may feel dry, peel or flake. You may notice a "sandpaper" texture a few days after treatment. This is normal; it is the treated tissue working its way out of your body as new fresh skin is regenerated.
- **Bronzing, Crusting, and Small Dark Spots:** These dark spots are a normal part of the healing process. They will slough off on their own usually within 7 days after treatment.
- **Raw Skin:** If you develop areas of raw skin after treatment, keep them moist with something like Aquaphor® or Bacitracin®. You do not need to apply band-aids, but keep the areas moist and *do not pick at them*. They will heal very rapidly on their own.
- **Grid-Like Pattern:** The fractional laser may leave a grid-like pattern on your skin, which is completely normal and temporary. This is the fractionated treated tissue working its way out.
- **Papules/Pimples:** Sometimes small pimples can arise post treatment, if this occurs please call us for treatment advice.

### After Treatment Skin Care

- **Avoid Excessive Heat:** For 2 days post-treatment, avoid partaking in activities that will heat up your skin, such as going in a hot tub/Jacuzzi/sauna, or strenuous exercise.
- **Skin Care Products:** All of your skin care products should be non-irritating and non-clogging for the first week. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinoin) for 1 week. If in doubt, only use the aftercare products given to use in the office for 1 week. Makeup may not be used for 2 days post treatment.
- **Sunscreen:** Proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

If you have any additional questions or concerns, please do not hesitate to call!

### Frequently Asked Questions

#### **Q: How does eMatrix subablative rejuvenation work?**

A: Each pulse of energy applied to the skin delivers conducted radio frequency via a grid of 64 matrix spots. The radio frequency induces a skin injury, which is maximized in each of these matrix spots. The supporting "healthy" or untreated tissue then helps to accelerate the healing process.

#### **Q: How many eMatrix treatments are recommended for optimal results?**

A: Your skin, genetic make-up, lifestyle and personal history are unique. They all contribute to how your skin looks and feels. For most people, maximum results are realized in 3-5 sessions that are usually spaced 4 weeks apart. We can develop a treatment plan tailored to your individual needs.

#### **Q: How much social downtime is required?**

A: Most patients will have mild redness and swelling in the treatment areas lasting from 3-7 days after the treatment.

#### **Q: Can eMatrix be used in delicate areas such as neck and chest?**

A: Yes! Since eMatrix treatment is so precise, it is safe and effective on delicate skin areas like the neck, chest and hands, in addition to the face.

#### **Q: What results should be expected with eMatrix treatment?**

A: You can expect two levels of results, immediate and progressive. Immediately after the initial healing is complete, the surface of your skin will feel softer and look brighter with a noticeable reduction of fine lines and acne or other scarring. Progressive results occur over the next 3-6 months as the deeper layers of skin continue to heal.

### Frequently Asked Questions - Continued

**Q: What are the benefits of eMatrix treatment?**

A: Benefits include smoother, fresher looking skin; improved tone and texture; reduced wrinkles around the eyes; improved appearance of acne and surgical scars.

**Q: Do eMatrix treatments hurt?**

A: Topical anesthesia is applied before the procedure to minimize discomfort. The treatment itself can be compared to a rubber band snapping on your skin along with a feeling of heat. After the treatment, most patients report tingling sensation similar to having gotten too much sun. This sensation usually disappears after 4-8 hours.

**Q: What side-effects can I expect and how long will they last?**

A: You will have some degree of redness and swelling. The intensity and duration depends on how aggressive the treatment was and your particular healing characteristics, but normally can last up to 1 week. Other temporary side-effects include minor itching, dry skin, peeling or flaking, and a bronzed skin appearance. You will be given specific instructions about what to expect for your particular treatment and how to minimize side-effects.

**Q: What precautions should I take after treatment?**

A: Wear sunscreen SPF 30 or higher and avoid direct sun exposure while you are healing for at least 3 months after your last treatment. Further protect yourself by wearing wide-brimmed hats if you expect to be out in the sun.

**Q: How long do the effects of eMatrix treatment last?**

A: It depends on your particular condition and how you care for your skin. Once your skin is restored, continue to protect it. We will give you specific advice based on your individual needs.