



Pre Treatment advice

- You will get a better result if you prepare the skin first- please see us for an initial consultation to assess your skin and prescribe appropriate home care. This reduces complications and downtime (the period your skin is red and dry). It also improves your clinical outcome.
- Please STOP medical grade retinol such as tretinoin or adapalene 4 days before a treatment-discuss this at your initial appointment.
- Avoid sunburn/ tanning and use SPF daily for 4 weeks before & after Tixel.
- Please contact us to delay your treatment if you have an active skin infection in the treatment area.
- Treatment includes local anaesthetic application.

Post treatment advice

- Expect skin to feel red, hot and mildly swollen for the first few days. It will feel like sunburn, but the intensity of the heat settles after a few hours. If intense swelling occurs take an anti- histamine (e.g.Telfast, Claratyne) and apply a cool pack. The eyelids may swell- this is normal.
- Stop your normal skin care routine while your skin is recovering post Tixel. In this time, use bland products only with minimal scent and nothing active.
- Small areas of microcrusting may appear. If the skin is dry, moisturise the skin but DO NOT rub or peel it off, otherwise you may get an infection or cause post procedure redness which can last a few months.