



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

PREOPERATIVE LASER SKIN RESURFACING SKIN CARE KIT INSTRUCTIONS

INTRODUCTION

THE RESURFACING KIT WAS DESIGNED TO GIVE YOU HEALTHIER SKIN AND SHORTEN THE POST-LASER HEALING PERIOD. THE **PCA SKIN™ KITS** PROVIDES THE BENEFITS OF ALPHA-HYDROXY ACIDS (AHA'S), ANTIOXIDANTS, AND ESSENTIAL VITAMINS AND NUTRIENTS. THESE KITS ARE DESIGNED TO PROVIDE START TO FINISH LASER RESURFACING HOME CARE PRODUCTS. THE COMPLETE CARE KITS CONTAIN PRODUCTS FOR A 2 - 3 MONTH PRETREATMENT HOME CARE REGIMEN AND FOLLOW-UP WHICH SIMPLIFIES THE PATIENT'S PROGRAM. YOUR KIT CONTAINS THE FOLLOWING PRODUCTS:

CONTENTS

PHAZE 1 FACIAL WASH IS A REFRESHING SKIN-FRIENDLY GENTLE GEL CLEANSER THAT EFFECTIVELY REMOVES MAKEUP AND ENVIRONMENTAL IMPURITIES WHILE LEAVING THE SKIN SUPPLE AND PH BALANCED.

PHAZE 2 SMOOTHING TONER IS A HIGH-CONCENTRATION ALPHA HYDROXY ACID (AHA) SOLUTION FORMULATED TO REFINE PORES AND REMOVE SUPERFICIAL DEAD SKIN CELLS APPROPRIATE FOR ANY SKIN TYPE.

PHAZE 5 NUTRIENT TONER IS A COMBINATION OF VITAMINS AND A HIGH-CONCENTRATION ALPHA HYDROXY ACID (AHA) SOLUTION FORMULATED TO PROVIDE ADDED NUTRIENTS TO ALL SKIN TYPES.

PHAZE 6+ COLLAGEN HYDRATOR IS A RICH BLEND OF HUMECTANTS AND EMOLLIENTS FORMULATED FOR MAXIMUM HYDRATION. APPROPRIATE FOR NORMAL, DRY AND MATURE SKIN.

PHAZE 6+ HYDRATOR PLUS SPF 25 IS A COLLAGEN-FREE EMOLLIENT MOISTURIZER FOR DRY OR MATURE SKIN WHICH PROVIDES EXTRA PROTECTION FROM UVA AND UVB RAYS WHILE REPLENISHING NATURAL OILS.

PHAZE 7 PROTECTING HYDRATOR IS FORMULATED FOR NORMAL TO OILY SKIN TYPES TO PROTECT FROM THE DAMAGING EFFECTS OF UVA AND UVB RAYS.

PHAZE 11 APRÈS® PEEL SMOOTHING BALM A SMOOTHING MOISTURIZER THAT CALMS AND REHYDRATES THE SKIN WITH THE ADDED BENEFIT OF 0.5% HYDROCORTISONE TO HELP REDUCE REDNESS AND IRRITATION.

PHAZE 11 APRÈS® PEEL HYDRATING BALM A SMOOTHING MOISTURIZER WITH ADDED HYDRATING AND PLUMPING ACTION OF CHASTEBERRY EXTRACT AND BOTANICAL PROGESTERONE. APPROPRIATE FOR ALL SKIN TYPES.

PHAZE 13 PIGMENT GEL® DYSCHROMIA CONTROLER (WITH HQ) UTILIZES TRIPLE PENETRATING ACTION OF HYDROQUINONE, KOJIC, AND AZELAIC ACIDS PLUS LACTIC AND CITRIC ACIDS COMBINED WITH 2% HYDROQUINONE TO LIGHTEN HYPERPIGMENTATION. HELPS TO EXFOLIATE, BLEACH AND INHIBIT HYPERPIGMENTATION AND AGE SPOTS.

PHAZE 13 PIGMENT GEL® HQ FREE DYSCHROMIA CONTROLER FORMULATED WITH KOJIC AN AZELAIC ACIDS PLUS AHA'S TO EFFECTIVELY TARGET VARIOUS TYPES OF HYPERPIGMENTATION. IT IS IDEAL FOR HYDROQUINONE SENSITIVE AND ALLERGIC COMPLEXIONS.

PHAZE 15 C-QUENCH® ANTIOXIDANT SERUM IS A RICH AND HIGHLY ACTIVE CREAM TO IMPROVE SKIN TEXTURE. C-CREAM CONTAINS ORGANIC NATURALLY DERIVED VITAMIN C AT 15% IN A RAPIDLY-ABSORBING STABLE BASE CREAM WITH 5% ALPHA HYDROXY ACIDS (AHA.)

PHAZE 16 C-STRENGTH 20% WITH 5% VITAMIN E IS A RICH AND HIGHLY ACTIVE CREAM TO IMPROVE SKIN TEXTURE. C-CREAM CONTAINS ORGANIC NATURALLY DERIVED VITAMIN C AT 20% IN A RAPIDLY-ABSORBING STABLE BASE CREAM WITH 5% VITAMIN E.

PHAZE 17 REBALANCE IS A NOURISHING TREATMENT WHICH HELPS TO STIMULATE HEALTHY TISSUE GROWTH TO REPAIR REDDENED, IRRITATED OR TRAUMATIZED SKIN. RECOMMENDED FOLLOWING CHEMICAL PEELS AND LASER RESURFACING. FOR USE ON THE ENTIRE FACE, NECK AND CHEST. EXCELLENT NIGH TIME MOISTURIZER.

AQUAPHOR® IS A SOOTHING NEUTRAL PH RESURFACING LUBRICANT FOR IMMEDIATE USE POST PROCEDURE WHICH MELTS INTO THE FRESHLY TREATED AREA. THIS OINTMENT IS ONE THAT NEEDS TO BE BOUGHT OVER THE COUNTER (OTC) AT ANY PHARMACY. **AQUAPHOR®** DOES NOT TRAP SEROUS EXUDATE, BUT ALLOWS IT TO ESCAPE, GREATLY REDUCING POSSIBLE "MILIA" FORMATION.

DRY SKIN KIT: CONTAINS ALL THE ABOVE PRODUCTS EXCEPT FOR THE **PHAZE 7 PROTECTING HYDRATOR** IS REPLACED BY THE **PHAZE 6+ COLLAGEN HYDRATOR** AND **PHAZE 6+ HYDRATOR PLUS SPF 25**.

PRESURGICAL LASER SKIN RESURFACING PRODUCT USAGE INSTRUCTIONS

THE FOLLOWING INSTRUCTIONS ARE TO BE USED STARTING FOUR (4) WEEKS PRIOR TO YOUR ACTUAL SCHEDULED SURGERY TIME. IT IS IMPORTANT THAT YOU FOLLOW THE FOLLOWING INSTRUCTIONS. YOU SHOULD STAY AWAY FROM SUN EXPOSURE FOR THESE FOUR (4) WEEK PERIOD OF TIME. USE THE FOLLOWING CREAMS INDICATED BELOW. USE ONLY THE CREAMS WHICH HAVE BEEN INDICATED FOR YOUR USE AND FOLLOW THE APPROPRIATE INSTRUCTIONS REGARDING EACH ONE OF THESE. DEPENDING ON YOUR SKIN TYPE, CERTAIN SKIN TREATMENT CREAMS AND CARE PRODUCTS MAY NOT BE USED BEFORE SURGERY.

IF YOU ARE CONSIDERING GOING OUT IN THE SUN FOR A SIGNIFICANT AMOUNT OF TIME, MAKE SURE THAT YOU USE CREAM WITH SUN PROTECTING FACTOR (SPF) OF 30 OR GREATER. CREAMS SUCH AS **PRE-SUN® (WESTWOOD)** CAN BE USED.

PRIOR TO THE PROCEDURE

- ▣ CLEANSE WITH **PHAZE 1 FACIAL WASH**. APPLY A SMALL AMOUNT TO DAMP SKIN WITH FINGERTIPS AND MASSAGE GENTLY INTO A CREAMY LATHER. RINSE WITH WARM WATER AND PAT DRY.
- ▣ TONE WITH **PHAZE 2 SMOOTHING TONER**. AFTER CLEANSING, MOISTEN A COTTON PAD WITH A SMALL AMOUNT AND APPLY IN UPWARD AND DOWNWARD STROKES OVER THE FACE AND NECK. USE ONCE DAILY OR AS NEEDED.
- ▣ APPLY **PHAZE 13 PIGMENT GEL®** TO THE AREA TO BE TREATED. MORNING AND NIGHT, APPLY A SMALL AMOUNT TO FINGERTIPS, SMOOTH OVER AFFECTED AREA AND ALLOW TO PENETRATE. FOR FASTER RESULTS, COVER WITH **PHAZE 16 C-CREAM**. FOLLOW WITH SUNBLOCK HYDRATORS DURING THE DAY (SEE BELOW.)
- ▣ APPLY **PHAZE 16 C-CREAM**. AFTER TONING, SMOOTH ONTO SKIN AND ALLOW TO PENETRATE THOROUGHLY. FOLLOW WITH SUNBLOCK HYDRATOR (SEE BELOW) DURING THE DAY. APPLY MORNING AND EVENING FOR GREATEST BENEFIT.
- ▣ COVER WITH **PHAZE 7 PROTECTING HYDRATOR SPF 15** OR **PHAZE 6+ HYDRATOR PLUS SPF 15** (REPEAT APPLICATION OF HYDRATOR AS OFTEN AS NEEDED.) APPLY TO FACIAL AREA AND ALLOW TO ABSORB 20 MINUTES PRIOR TO DAYTIME EXPOSURE. REAPPLY AFTER 2 HOURS AND REPEAT EVERY 2 HOURS AS NEEDED. APPLY MAKEUP AS USUAL.

POST-PROCEDURE

DAYS 1-10

APPLY LIBERALLY **AQUAPHOR®** AS NEEDED TO PREVENT DRYNESS. THE EVENING OF THE PROCEDURE IT IS NECESSARY TO KEEP THE SKIN LUBRICATED AND OCCLUDED SO THE TREATED AREA IS **NEVER** ALLOWED TO BECOME DRY. IF ANY DRYNESS IS NOTICED, REAPPLICATION OF THE **AQUAPHOR®** LUBRICANT IS NECESSARY. REPEAT CONTINUOUSLY THROUGHOUT THE FIRST 7 TO 10 DAYS POST TREATMENT.

DURING THIS TIME, YOU NEED TO CLEANSE THE FACE THREE (3) TIMES A DAY BY ALLOWING WATER TO RUN GENTLY OVER THE FACE OR SPLASH WITH SALINE WATER SOLUTION. USE A GENTLE HYPOALLERGENIC FACIAL WASH SUCH AS **CETAPHIL® (GALDERMA)** SOLD OTC TO CLEAN YOUR FACE. PAT DRY AND IMMEDIATELY APPLY **AQUAPHOR®** LUBRICANT. WHEN THE SKIN GRADUALLY STARTS SEPARATING AND FALLING AWAY, IT IS IMPORTANT TO ALLOW THE SKIN TO COME OFF ON ITS OWN WHILE WASHING AND NOT BE "HELPED" BY PEELING THE SCABS OFF. AFTER THE AREA HAS RE-EPITHELIALIZED IT IS QUITE RED. IT IS CRUCIAL TO REFRAIN FROM EXTREME HEAT, DIRECT SUN EXPOSURE, SUNLAMPS, JACUZZIS, HOT BATHS OR UV RADIATION (SUN RAYS) UNTIL THE REDNESS HAS SUBSIDED. **KEEP THE SKIN COOL!**

DAYS 11-28

MORNING & EVENING

- ▣ CLEANSE WITH **PHAZE 1 FACIAL WASH**, DILUTED. APPLY A SMALL AMOUNT TO DAMP SKIN WITH FINGERTIPS AND MASSAGE GENTLY INTO A CREAMY LATHER. RINSE WITH WARM WATER AND PAT DRY.
- ▣ APPLY **PHAZE 17 REBALANCE** AND ALLOW TO ABSORB (INHIBITS REDNESS.) AFTER CLEANSING, APPLY SPARINGLY AND ALLOW IT TO PENETRATE. MAY BE USED DAY OR NIGHT, FOLLOWING WITH SUNBLOCK FOR THE DAYTIME USE.
- ▣ APPLY **PHAZE 13 PIGMENT GEL**® DIRECTLY ONTO THE ENTIRE AREA (TO INHIBIT POST-INFLAMMATORY HYPERPIGMENTATION.) MORNING AND NIGHT, APPLY A SMALL AMOUNT TO FINGERTIPS SMOOTH OVER AFFECTED AREA AND ALLOW TO PENETRATE.
- ▣ COVER WITH **PHAZE 7 PROTECTING HYDRATOR SPF 15** OR **PHAZE 6+ HYDRATOR PLUS SPF 15** (REPEAT APPLICATION OF HYDRATOR AS OFTEN AS NEEDED.) APPLY TO FACIAL AREA AND ALLOW TO ABSORB 20 MINUTES PRIOR TO DAYTIME EXPOSURE. REAPPLY AFTER 2 HOURS AND REPEAT EVERY 2 HOURS AS NEEDED. APPLY MAKEUP AS USUAL.

DAYS 29-60

MORNING

- ▣ CLEANSE WITH **PHAZE 1 FACIAL WASH**.
- ▣ TONE WITH **PHAZE 2 SMOOTHING TONER**. AFTER CLEANSING, MOISTEN A COTTON PAD WITH A SMALL AMOUNT AND APPLY IN UPWARD AND DOWNWARD STROKES OVER THE FACE AND NECK. USE ONCE DAILY OR AS NEEDED.
- ▣ APPLY **PHAZE 16 C-CREAM**. AFTER TONING, SMOOTH ONTO SKIN AND ALLOW TO PENETRATE THOROUGHLY. FOLLOW WITH SUNBLOCK HYDRATOR DURING THE DAY. APPLY MORNING AND EVENING FOR GREATEST BENEFIT.
- ▣ APPLY **PHAZE 13 PIGMENT GEL**® DIRECTLY ONTO THE ENTIRE AREA (TO INHIBIT POST-INFLAMMATORY HYPERPIGMENTATION.) MORNING AND NIGHT, APPLY A SMALL AMOUNT TO FINGERTIPS SMOOTH OVER AFFECTED AREA AND ALLOW TO PENETRATE.
- ▣ COVER WITH **PHAZE 7 PROTECTING HYDRATOR SPF 15** OR **PHAZE 6+ HYDRATOR PLUS SPF 15** (REPEAT APPLICATION OF HYDRATOR AS OFTEN AS NEEDED). APPLY TO FACIAL AREA AND ALLOW TO ABSORB 20 MINUTES PRIOR TO DAYTIME EXPOSURE. REAPPLY AFTER 2 HOURS AND REPEAT EVERY 2 HOURS AS NEEDED. APPLY MAKEUP AS USUAL.

EVENING

- ▣ CLEANSE WITH **PHAZE 1 FACIAL WASH**.
- ▣ TONE WITH **PHAZE 2 SMOOTHING TONER**.
- ▣ APPLY **PHAZE 16 C-CREAM**.
- ▣ APPLY **PHAZE 13 PIGMENT GEL**®.
- ▣ MOISTURIZE WITH **PHAZE 17 REBALANCE**.

DAYS 61+ TO ?

MORNING

- ▣ CLEANSE WITH **PHAZE 1 FACIAL WASH**.
- ▣ TONE WITH **PHAZE 2 SMOOTHING TONER**.

- ▣ APPLY **PHAZE 13 PIGMENT GEL®**.
- ▣ APPLY **PHAZE 16 C-CREAM**.
- ▣ COVER WITH **PHAZE 7 PROTECTING HYDRATOR SPF 15** OR **PHAZE 6+ HYDRATOR PLUS SPF 15**.

EVENING

- ▣ CLEANSE WITH **PHAZE 1 FACIAL WASH**.
- ▣ TONE WITH **PHAZE 2 SMOOTHING TONER**.
- ▣ APPLY **PHAZE 13 PIGMENT GEL®**.
- ▣ APPLY **PHAZE 16 C-CREAM**.
- ▣ MOISTURIZE WITH **PHAZE 17 REBALANCE**.

WHEN TOLERABLE, APPLY **PHAZE 16 C-CREAM** UNDER THE **PHAZE 13 PIGMENT GEL®**. THE **PIGMENT GEL®** FORMULAS ARE MORE POTENT AND CAN BE COMBINED WITH **PHAZE 16 C-CREAM**. OUR **LASER RESURFACING KITS** GENERALLY LAST FOR 2 TO 3 MONTHS AND ARE SUPPLIED WITH INSTRUCTIONS FOR PRE AND POST TREATMENT CARE.