

DIANE WALDER, M.D.,P.A.  
DIANE WALDER, M.D.  
STACY CHIMENTO, M.D.  
LUCY CHEN, M.D.  
1111 Kane Concourse, Suite 100  
Bay Harbor Island, FL 33154  
(305) 866-2177

*Post Procedure Care Instructions*

*Sublative (Ematrix) and Sublime*

- Wait 12 hours before washing face, then only use a gentle cleanser-wash treated area with hands not a wash cloth
- After you wash your face apply a moisturizer if necessary, sunblock with SPF of 30 or higher that contains zinc and you can use a powder based mineral make-up.
- If you are out in the sun you need to reapply sunblock every four hours.
- Do not pick or scratch at the little scabs, let them fall off on their own. Approximately 3-5 days.
- Avoid thermal trauma such as hot showers, whirlpool, steam rooms, saunas, etc. for two days following the treatment.
- Do not do anything that will make you sweat ie: working out at the gym, for two days following the treatment.
- Do not take any anti-inflammatory medications for 1 week following treatment. ie: Ibuprofen, Advil, Motrin, Excedrin, Nuprin, or Antihistamine medications.
- If you have any problems or concerns please call the office