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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 take any anti-inflammatory medications for 1 week following treatment. I.e: Ibuprofen, Advil, Motrin, Excedrin, Nuprin, or Antihistamine medications.
- If you have any problems or concerns please call the office.