

# ROSACEA

## DYNAMIS

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### PRE-TREATMENT INSTRUCTIONS

#### 2 Weeks Prior

- Avoid sun-exposure, tanning beds, or sunlamps. Patients are unable to be treated with a tan or a sunburn in the face.
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### POST-TREATMENT INSTRUCTIONS

#### General

- Apply Arnica cream/gel over the treated area with a gently massage, 2-3 times a day as to improve the appearance of petechiae.
- Apply a re-epithelizing cream as often as needed to improve the healing process. Cream recommendations to select from are:
  - Bariederm Cicacream (Uriage)
  - Cicaplast (La Roche Posay)
  - Cicalfate (Avenne)
  - Aquaphor (Eucerin)
- Apply broad spectrum sunscreen, 3 times a day (7 am, 12 pm and 2 pm).

#### Immediately After

- If history of HSV, take 1 gr. of Valtrex, and continue once a day for 3 more days.

#### After 3 Days

- Can apply make-up.

#### After 3-5 Days

- Topical treatments and skin care dermo-cosmetic products, such as retinol and acids can be resumed.

#### For 7 Days

- Strict avoidance of sunlight.
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### HEALING AND RESULTS

- Erythema should be expected immediately after the session lasting 24 hours.
- Petechiae over the treated telangiectasias can be expected to last 5 to 7 days.