

eMatrix Aftercare Instructions

EMATRIX AFTERCARE INSTRUCTIONS

Thank you for choosing eMatrix for your skin rejuvenation treatment. eMatrix uses fractional radiofrequency (RF) energy combined with microneedling to stimulate collagen production and improve skin texture, tone, and elasticity. Proper aftercare is essential to ensure the best results, minimize complications, and support your skin's healing process. Please follow these aftercare instructions carefully to enhance your recovery and achieve optimal outcomes.

Immediately After Treatment: Mild Redness, Swelling, and Warmth: It is normal to experience mild redness, swelling, and a sensation of warmth in the treated area immediately after eMatrix treatment. This is similar to a mild sunburn and typically subsides within a few hours to a day. **Mild Discomfort or Sensitivity:** You may feel mild discomfort, tightness, or sensitivity in the treated area. This should resolve within a few hours to a day. **Cold Compress:** Apply a cold compress wrapped in a clean cloth to the treated area for 10-15 minutes every few hours during the first 24-48 hours to reduce swelling and soothe discomfort. **Avoid Touching or Massaging the Treated Area:** Do not touch, rub, or massage the treated area for at least 24-48 hours to avoid irritation or infection. Keep the area clean and avoid direct contact.

For the First Week: Gentle Skin Care: Cleanse the treated area gently with a mild, non-alcoholic cleanser. Avoid using scrubs, exfoliants, or harsh products for at least 7 days to ensure proper healing. **Moisturise Regularly:** Apply a gentle, fragrance-free moisturiser to keep the treated area hydrated. This will help soothe dryness and tightness, which is common after eMatrix. **Avoid Makeup for 24-48 Hours:** Avoid applying makeup to the treated area for at least 24-48 hours after the procedure to prevent irritation and allow the skin to breathe. **Avoid Excessive Heat:** Avoid hot showers, saunas, or hot tubs for at least 48 hours to reduce irritation and allow your skin to heal properly. **Avoid Sun Exposure:** Your skin will be more sensitive to the sun after the treatment. Protect the treated area from direct sun exposure for at least 1-2 weeks and apply a broad-spectrum sunscreen with SPF 30 or higher daily.

For the First Month: Avoid Harsh Products: Do not use products containing alcohol, retinol, or exfoliating agents such as AHAs or BHAs for at least 4 weeks to prevent irritation and support healing. **Hydrate and Maintain Healthy Skin:** Drink plenty of water and continue applying moisturiser regularly to support the healing process and improve skin elasticity. **Monitor for Skin Changes:** It is normal to experience some mild flaking, peeling, or tightness in the treated areas as the skin renews itself. Avoid picking at or scrubbing the treated areas to avoid irritation and scarring. **Gradual Return to Physical Activity:** After the first 48 hours, you can gradually return to light exercise. Avoid intense physical activity or activities that cause excessive sweating for at least 1 week after the treatment.

Common Side Effects: Redness and Swelling: Redness and swelling are common after eMatrix and should subside within a few hours to a day. Cold compresses can help alleviate these symptoms. **Dryness or Tightness:** The treated area may feel dry or tight for the first few days. This is normal and can be alleviated with regular moisturising. **Flaking or Peeling:** Some mild flaking or peeling may occur as your skin heals. This is normal and should resolve within 3-7 days. Do not pick at the peeling skin, as this can lead to scarring. **Temporary Sensitivity:** Your skin may be more sensitive to touch, products, and sun exposure for the first few weeks. This is a normal part of the healing process and should improve over time.

When to Contact Us: Please contact your provider immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, bruising, or discomfort that does not improve after the first few days. Unusual discharge, pus, or bleeding from the treated area. Any signs of an allergic reaction, such as itching, hives, or difficulty breathing. Any other symptoms that seem out of the ordinary or concerning.

Long-Term Care: Continue Sun Protection: Always wear sunscreen with SPF 30 or higher on the treated areas to protect your skin from UV damage, which can affect the results of your treatment and cause pigmentation changes. **Healthy Skin Care Routine:** Continue using gentle, hydrating skincare products that promote healthy skin. Avoid using harsh treatments that may affect the healing of the area. **Monitor Results:** Full results from eMatrix may take several weeks to months to become fully visible, as collagen production continues to improve skin texture and tone. Be patient and follow up with your provider for any necessary touch-ups or assessments. **Healthy Lifestyle:** Maintaining a healthy diet, staying hydrated, and engaging in regular exercise will support overall skin health and help you maintain the results of your treatment.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

CONFIRMATION

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.