



Tixel Pre & Post care information

Tixel is a skin rejuvenation treatment that uses a hot metal plate to deliver heat energy to the skin in a safe and effective manner. Tixel is gentle and safe to use on delicate areas such as the upper and lower eyelids, whole face and neck and décolletage.

An initial session of 3 Tixel treatments is advised, 6 weeks apart. Most people who have this complete a session note clinical changes 3 months post treatment including improved skin tone, clarity and texture, reduced scars and fine lines, healthier skin and reduction in laxity of skin around the eyelids. Note to address laxity of eyelids, 5-6 sessions may be required. We advise a session every 9- 12 months to maintain your results.

Pre Treatment advice:

- You will get a better result if you prepare the skin first- please see us for an initial consultation to assess your skin and prescribe appropriate home care. This reduces complications and downtime (the period your skin is red and dry). It also improves your clinical outcome.
- Please STOP medical grade retinol such as tretinoin or adapalene 4 days before a treatment- discuss this at your initial appointment.
- Avoid sunburn/ tanning and use sunscreen daily for 4 weeks before & after Tixel.
- Please contact us to delay your treatment if you have an active skin infection in the treatment area.
- Arrive 30 minutes before your appointment for topical local anaesthetic application.

Post treatment advice:

- Expect skin to feel red, hot and mildly swollen for the first few days. It will feel like sunburn, but the intensity of the heat settles after a few hours. If intense swelling occurs take an anti- histamine (e.g. Telfast, Claratyne) and apply a cool pack. The eyelids may swell- this is normal.
- Stop your normal skin care routine while your skin is recovering post Tixel. In this time, use bland products only with minimal scent and nothing active.
- Small areas of microcrust or pigmentation may appear. If the skin is dry, moisturise the skin but DO NOT rub or peel it off, otherwise you may get an infection or cause post procedure redness which can last a few months.

Post Tixel Skin Routine:

- For the first 4 days: wash your face 2 a day with a bland cleanser, apply a moisturiser 4 x a day and sunscreen 2 x day (morning & lunch):
 - e.g moisturisers: Uberzinc, QV cream, sorbelene, a bland ointment like Vaseline or occlusiderm. A physical sunscreen containing a zinc compound may soothe the skin more than a chemical sunscreen e.g. Uberzinc .
- You may apply a clean mineral makeup after 24 hours. Do not apply old or non- mineral makeup as this will increase infection risk.



- e.g. Synergie Mineral Whip or Oxygenetix are formulated to sooth inflamed skin and provide good coverage
- Avoid overheating the skin (hot showers, saunas, direct sunlight) or applying thick moisturizer until the skin has improved. Also avoid any trauma or allergen exposure to the treated area for a few weeks such as spray tans, hair dye, chlorine and tattoos
- After a week, when your skin is on the mend, return to your normal skin care regime. Restart your active skin care gradually: re start with Vitamin B serum any time. After a week or so of normal skin, slowly introduce Vitamin A at night. Recommence Vitamin C in the morning 2x a week only then as tolerated. If your skin becomes red, itchy or dry stop Vitamin A and C and contact us.
- Do not have active skin treatments for 2- 4 weeks after Tixel, including dermabrasion, laser, intense pulsed light, chemical peels, dermal fillers and muscle relaxant injections. If in doubt- ask us.

At any time, if you are worried, developing an open wound, or have any concerns please call us 04041 23781, email , SMS , DM via instagram or facebook for advice. Our doctor, nurses and dermal clinicians are available for advice every day.