



LA BOUSSOLE
MEDICAL SPA & WELLNESS CENTER

Tixel® Skin Rejuvenation Treatment Aftercare Instructions

Tixel® is an advanced, non-invasive skin rejuvenation treatment that delivers powerful results without the risks or downtime of traditional resurfacing methods. Using gentle, controlled thermo-mechanical energy, it stimulates natural collagen renewal to smooth, tighten, and refresh the skin—all without lasers, needles, or radiation.

Benefits of Tixel®

- Fast treatment with visible results
- Stimulates collagen production for long-term improvement
- Minimizes fine lines and wrinkles
- Safe for treating delicate eyelids, tightening hooded lids, and improving under-eye bags
- Improves the appearance of scars, including acne scars
- Suitable for all skin types, including melasma, acne-prone and Fitzpatrick Scars
- Minimal to no social downtime

Pre-Treatment Guidelines

To ensure the best results and a smooth recovery, please follow these steps before your treatment:

- Avoid sun exposure, tanning beds, and self-tanners for at least **2 weeks**.
- Discontinue retinoids, glycolic acids, and exfoliating products **7–10 days prior**.
- Inform La Boussole about any recent skin procedures, infections, or history of cold sores (antiviral medication may be recommended).
- Arrive with **clean skin**—no makeup, lotion, or creams.
- Stay well-hydrated in the days leading up to your appointment.

What to Expect After Treatment

- **Healing time:** Typically, **3–5 days**.
- **Micro-crusting:** Tiny square-pattern crusts may appear between days 2–5—this is normal.
- **Texture changes:** Skin may feel **dry or sandy** for about five days as rejuvenation begins.
- **Redness/swelling:** Mild redness, flaking, and swelling (especially around the eyes) are common and usually resolve within a few days.
- **Warmth:** Treated areas may feel hot or intensely warm immediately after treatment.

Post-Care Instructions

- **Cleanse gently** – Wash your face morning and evening with a gentle cleanser.
- **Hydrate and soothe** – Apply Hydrinity Restorative Serum (or your post-treatment kit) as often as needed. Keeping products refrigerated can add extra cooling comfort.
- **Cooling comfort** – Do *not* apply ice during the heat phase. Instead, use a fan if your skin feels hot. If you received a full-face Tixel® treatment, a soothing mask may have been provided.
- **Moisturize as directed** – Use a gentle moisturizer or healing ointment to support recovery.
- **Makeup** – Avoid for the first **24–48 hours**; safe to resume afterward.
- **Hands off** – Do not pick, scrub, or exfoliate peeling skin—let it heal naturally.
- **Lifestyle** – Avoid hot showers, saunas, and strenuous exercise for **24–48 hours**.
- **Sun protection** – Apply broad-spectrum SPF 30+ daily and avoid direct sun exposure.
- **Active products** – Wait **5–7 days** (or until cleared by your provider) before resuming retinoids, glycolics, or other active ingredients.

Questions or Concerns?

Your comfort and safety are our top priority. If you have any questions about your Tixel® treatment or your recovery, please contact your provider at La Boussole Medical Spa & Wellness Center. Thank you.