envision
A Dry Eye Specialty Practice

Tixel Post-Treatment Guide

This one-page guide highlights the most important things to know after your Tixel treatment. Following these instructions helps your skin heal safely and ensures the best possible results.

General Do's & Don'ts (for all Tixel patients)

1. Do gently cleanse the area and pat dry — do not rub or scrub.
2. Do keep skin well-hydrated using only provider-recommended products.
3. If possible, do sleep with your head elevated for the first 24-48 hours to reduce swelling.
4. Do drink plenty of fluids and avoid smoking or excess alcohol for 24 hours.
5. Do use mineral sunscreen *ONLY* (zinc oxide and/or titanium dioxide).
6. Do NOT exfoliate, pick, or peel treated skin for 7 days.
7. Do NOT use chemical sunscreens, retinoids (tretinoin, adapalene), OTC retinol products, any alpha-hydroxy products (glycolic and/or lactic acid), or other active skincare until cleared.
8. Do NOT overheat the skin (hot showers, saunas, strenuous exercise) for 48–72 hours.
9. Do NOT tan for 4 weeks before and after treatment.

Eyelid-only treatment

- Mild swelling, tightness, and redness are expected and usually peak on day 2.
- Avoid eye makeup for at least 48 hours or until cleared by your provider.
- Do not rub your eyes.
- Avoid anything that puts pressure on the eyelids such as warm compresses
- Use only products recommended specifically for the eye area.

Full-face or aesthetic treatment

- Redness and swelling may last up to 5 days.
- Tiny treatment dots or micro-crusting may appear and shed naturally in 3–7 days.
- Avoid makeup for up to 7 days depending on intensity of treatment (mineral makeup only, if approved).
- Avoid swimming, hot tubs, and chemical exposure for 48 hours.
- Male patients avoid shaving for 48 hours

Day-by-Day Care Overview

Days 1–2:

- Avoid sun and UV exposure
- Use only provider-recommended products
- Cleanse gently and apply water-based emollient (pat on)
- Sleep with head elevated, if possible

Days 3–7:

- Continue gentle cleansing twice daily
- Apply emollient as needed
- Mineral makeup may be used only if approved
- Always use SPF 50 mineral sunscreen when outdoors

When to call our office

Please contact our office right away if you notice redness that is worsening instead of improving, blisters, open sores or drainage, swelling that interferes with daily activities, or pain that increases after the first 48 hours.

Healing looks different for everyone. If you have questions or concerns at any point, please contact our office and ask for Nick — we are happy to help!

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