



Before treatment instructions...

Avoid sun exposure, use of tanning beds, tanning lotions, and/or spray tan applications for at least 2 weeks prior to treatment. You must not have sunburn or self-tanner on the treatment area at the time of your treatment.

Please disclose all medications, supplements, and health history to your practitioner during your consult. Some medications and conditions may affect healing or increase your risk of bleeding. Avoid Aspirin, Advil, Motrin, Ibuprofen, Fish Oils, Vitamin E, and other blood-thinning medications or supplements for 5-7 days before your treatment. If you are on a prescribed blood thinner, please notify your practitioner during your consultation. You may use Arnica montana oral pellets a few days prior to and after treatment to help with swelling.

Please discontinue any topical products containing active ingredients 3-5 days prior to treatment, such as Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha-hydroxy acids), LHAs (Lipo hydroxy acids) and Benzoyl Peroxide. Just use a gentle cleanser, moisturizer, and sun protection.

Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the treatment area.

If you have been treated for acne with Accutane, you may not have this procedure for at least 1 year after discontinuing Accutane.

If you are pregnant, you may not have this treatment.

If you have a history of cold sores, a course of anti-viral medication is recommended and can be prescribed by our office. This will prevent an outbreak of cold sores if you are prone to them.

Avoid dermal filler and neurotoxin injections 1 month prior to and after the procedure.

Please bring a **wide-brimmed hat** with you on your treatment day to protect your skin when you leave the office. We recommend bringing **Evian Natural Mineral Water Facial Spray** and a **mini handheld fan** to your appointment.

Aftercare is important to prevent complications and provide the best outcome. Detailed instructions will be provided on how to care for your skin immediately after treatment. You will need to use a gentle cleanser, hydrating moisturizer, and mineral sunblock during the skin revitalization process. Recommended products are available for purchase at the office. It is important to discuss a skincare regimen with your practitioner for optimal results.

When your skin is healed, it will continue to build new collagen for 2-3 months.

Last but not least, prepare yourself for the HALO GLOW!

Please call our office with any questions or concerns.

941-500-3350