**Avatar Skin Tighten Treatment Post-Care**

**Prior to procedure**:

We recommend taking 400-800mg Advil or a-like product 1 hour prior to the procedure to reduce pain (please consult with your physician). Remember DO NOT DRINK 48 hours BEFORE, DURING, and a week AFTER PROCEDURE as this will prolong the healing process.

The inflammatory process is NEEDED and responsible for your skin rejuvenation. Follow these simple steps:

Day of procedure: No lotions, makeup, or other topical products on your face before the treatment. After the Avatar Lifting Therapy, the professional will cool the area and apply a moisturizer. Keep in mind some individuals will have an intensive itch couple after the procedure this reaction can easily be controlled by taking an over the counter anti-histamine and topical hydrocortisone (or similar in case of allergy).

Day 1 AFTER procedure: You may clean your face with the post care kit recommended by your practioner. Make sure you gently dry the skin and apply a thin coat of Aquaphor 3 times a day. **No sunscreen**.

Stay away from exfoliants or products containing acids that are present in cleaners, as these can make your skin very dry or cause **a reaction** after the procedure. Be sure to use an approved SPF50 or greater sunscreen! For 6 months after your AVATAR LIFTINGTHERAPY.

Day 2: Do the same as day 1

Day 3: Do the same as day 1 and apply sunscreen.

Day 4: When shower rub the skin very gently with water and you will notice the lots of the flaking skin will come off. This is due to an increased turnover of skin cells.

Day 5: during this period you will experience redness on the area treated, once all the dark dead skin is gone, you need collagen and elastin, vitamin c products to prevent pigmentation, and all the skin nutrition the you have access to (consult the professional).

Day 6: Follow the instructions given to you by the professional. Days later, your skin will start to shed, these are dead skin layers and will regularly shed weeks later after the procedure. This sheading process will allow AVATAR LIFTING THERAPY to bring the skin to the surface sooner. During this temporary process, your skin will renovate few times in 1 month.

Days 7+: A week after the procedure, most patients notice that their skin is smoother, tighter, and more radiant. Results vary, but usually a course of 1-3 treatments (maximum of 5, depending on the condition of the skin being treated) is typically recommended.

The results of the Avatar Lifting Therapy may vary from patient to patient. Keep in mind that the healthier your body is, the better the results from AVATAR LIFTING THERAY will be. Your body’s function and overall health are reflected in your skin.

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Client Signature Date

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Professional Signature Date