



Patient Pre- and Post-Treatment Instructions

PRE-TREATMENT

Two Weeks Prior to Treatment:

- Do not consume any blood thinning agents such as aspirin, ibuprofen, herbal medications, or supplements such as grapeseed extract, Vitamin E, fish oil, etc.
- Avoid exposure to sun or tanning beds that could result in red, peeling, or swollen skin.
- Avoid invasive and minimally invasive skin treatments in the treatment area.

If you are currently taking any type of blood thinners under the direction of a physician, please discuss this with your treating physician.

1 Day Prior to Treatment:

- Shave excessive facial hair; beard and/or mustache. When possible, use an electric powered shaver to minimize the potential for skin abrasions and cuts.

Day of Treatment:

- The skin on your face, chin, and neck should be free of makeup, lotions, and other skin care products.
- Wear clothes that are comfortable; avoid shirts that have a high neck or collar.
- Plan on 1 hour for the treatment.

POST-TREATMENT

- Refrain from the following activities until your skin has fully healed and has no open wounds, and holes have closed: *Shaving, waxing, makeup and skin care products, using tanning beds and sunless tanning creams; scrubbing, scratching and/or picking at the treated area(s); contact sports or any activity that could cause injury to the treated site; submerging the treated area in water such as pools, whirlpools, oceans, etc.; and activities that result in overheating, such as long exposure to hot baths, spas, or excessive exercise.* Speak with your treatment provider who may have additional post treatment care.
- Cleanse the treated area twice daily with water and a mild facial cleanser, pat dry with a clean towel. **Do not scrub the treated area.**
- Follow each cleansing with a light film of petrolatum until healed or as directed by your physician.
- When cleaning your skin, use a clean towel each time to pat dry, or use a paper towel and discard after each use. **Do not share your towels.**
- Avoid direct and prolonged sun exposure.
- **Do not pick or scratch the treated area.**
- Avoid sleeping on your face.
- Use a clean mask every day; change the mask during the day if soiled.
- Once skin has healed, use a broad spectrum sunscreen \geq 30 SPF.

CONSULT YOUR PHYSICIAN FOR ADDITIONAL PRE- AND POST-TREATMENT CARE.