

## **ADVANCED ESTHETIC TREATMENTS**

**Including but not limited to:** Microchanneling, Microdermabrasion & Hydrodermabrasion, High Frequency, Radio Frequency, Ultrasonic Cavitation, Korean Spicules.

To obtain maximum benefits from your treatment, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications.

### **Possible Medical Contraindications:**

If you have any of these medical contraindications, please notify your esthetician immediately prior to your service so we can discuss adjustments:

Pregnant / Breastfeeding  
Herpes Zoster/Shingles  
Broken Capillaries  
Accutane/ Isotretinoin  
Prescription medications  
Bacterial Infection  
Extreme skin sensitivity  
Allergies  
Prone to scarring or pigmentation.  
Facial burns  
Open cuts  
Aspirin Allergy  
Heart Conditions  
Facial Psoriasis/Eczema  
Topical or Internal antibiotics.  
Other circumstances requiring you to be under consistent physician care.

### **PRE-CARE:**

- Do not use any form of AHA/BHA's at least 48 hours prior.
- Do not use any form of RETINOL/RETINOIDS products at least 72 hours prior.
- If you have facial hair and plan on shaving, please do so 48 hours prior.
- Do not use self-tanning agents (on your face) at least 72 hours prior.
- Do not perform any form of hair removal including WAXING at least 7 days prior.
- Do not receive any form of Botox/Filler at least 14 days prior.
- Do not receive any form of LASER at least 14 days prior.
- If you are prone to cold soars (herpes simplex virus) we suggest consulting your doctor to avoid a post treatment outbreak. It is recommended to begin prophylaxis two (2) days prior and continue for 5 days after.
- Do not come to your appointment sunburnt.

### **POST-CARE**

#### **Possible side effects including but are not limited to:**

- Mild to moderate discomfort or pain (you may take a Tylenol/Advil as long as there are no allergies to these types of medications)
- A slight rosy glow, much like a sunburn, may appear for approximately 24-48 hours.
- Acne or Milia breakout (very common as a form of "PURGING")
- Slight swelling
- Itching or irritation
- Sun/skin sensitivity

- Pigment changes (this is rare, but may happen. We suggest purchasing a Tyronaise Inhibitor or some type of brightening product - we sell both, please inquire!!)
- Scarring (rare, but depending on how healthy your skin and body's immune system is... you may experience temporary or permanent scarring).
- Allergic reaction
- Herpes outbreak (please consult your doctor)
- Skin peeling or flaking up to 10 days after the procedure.

**The first 72 hours post treatment:**

- Avoid the SUN
- Avoid SWEATING (No sauna, hot yoga, hot showers, exercising, etc.)
- Use GENTLE products; Cleanser, Moisturizer, SPF.
- Keep the treated area clean by washing your face with freshly washed hands and dry it with clean towels. We suggest CLEAN SKIN CLUB disposable towels.
- Only wear makeup if necessary, and use mineral or non comedogenic products.