



### *Pre-Treatment Instructions:*

Prior to your appointment, it is recommended to contact your physician and inquire if there's any medication that will contraindicate any of the procedures to avoid a post treatment breakout!

- Avoid the use of prescription retinoid products products seven (7) days before treatment or as instructed by technician.
- No waxing, electrolysis, IPL, hair removal products or methods within fourteen (14) days prior to the treatment.
- Avoid the use of acne topicals such as any benzoyl peroxide product or any other product that can cause dryness, redness, or irritation 7 days prior to the treatment.
- Use mineral-based sunscreen with an SPF of at least thirty (30) daily, for at least 3 weeks prior to treatment. Sunburned skin cannot be treated.
- Avoid direct sun exposure, tanning salon, heated yoga and sauna four (2) weeks after your treatments
- No injectables (botox, fillers,etc) in the area to be treated (2) weeks prior to the treatment.
- Please do not wear any makeup, perfume, or lotions on the treatment area prior to your treatment.
- No usage of Accutane at least 6-12 months prior to the treatment.

**PLEASE follow all pre-treatment recommendations to gain optimum results. Thank you!**



### *Post-Treatment Instructions:*

- A microneedling/microdermabrasion/ chemical peel procedure exfoliates the top layer of your skin. The stratum corneum is made up of dead skin cells that provide a buffer to your living cells. Any substance that is applied post treatment is absorbed very quickly and deeply.
- A slight (rosy) glow may appear for approximately 24-48 hours after. Your skin may feel “wind-burned” and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically. You may experience some dry skin and mild peeling after your treatment. This may occur for a few days.
- You may resume your daily activities or return to work immediately. Mineral make-up can be applied following a treatment. If you experience discomfort following make-up application, remove immediately. We recommended mineral based make-up as they are calming to the skin and deliver a physical block for sun exposure and may have anti-aging properties.
- We recommend you use a sunscreen that contains zinc oxide and titanium dioxide to provide you with full spectrum protection.
- Avoid direct sun exposure. All tanning and tanning beds must be avoided as well for 1 week
- Avoid exercise for 24 hours after the procedure.
- Avoid saunas, hair removal products/methods, waxing, chlorine and friction to the skin.
- Avoid permanent makeup/microblading/facial tattoos for 4 weeks post treatment.

If you have any questions or concerns, please contact me at [arcaestheticsinc@gmail.com](mailto:arcaestheticsinc@gmail.com) or [@604.340.1777](tel:604.340.1777)

