

ADVATX SKIN RESURFACING PRE-TREATMENT CARE

- Keep your skin moisturized and apply SPF 30+ mineral sunscreen on all areas intended for treatment. Avoid excessive sun exposure or tanning 2 weeks prior to treatment.
- Please discontinue the use of retinols, AHA/BHA, Renova (tretinoin), and exfoliates in the intended area of treatment 1 week prior to your appointment.
- If necessary, please shave the treatment area prior to, but not within 24 hours of, the appointment.
- Stay hydrated! Drink plenty of water for several days in advance of the treatment. For the best results, drink at least 4 cups of water per day for at least 2 days prior to your appointment.
- Upon arriving for treatment your skin should be clean, without makeup, cosmetic products, perfumes, or lotions. Do not use mascara or wear contact lenses.

ADVATX SKIN RESURFACING POST-TREATMENT CARE

- If redness or sensitivity occur, wash the treated area with cool water and apply a cool compress or ice pack to the area. If sensitivity continues for more than 12 hours, contact our office.
- No hot tubs, saunas, hot showers, strenuous exercise, or spicy foods for 24.
- Do not use/apply AHAs, BHAs, Retin-A's or Renova (tretinoin) for 72 hours post treatment.
- Avoid direct extended sun exposure for 72 hours. An SPF 30 or higher should be worn every day even when you are not actively in the sun
- Never pick or peel treated skin, as this can cause scarring and/or discoloration
- Keep skin well hydrated by drinking lots of water and using the products in the Epionce recovery kit

EPIONCE RECOVERY KIT INSTRUCTIONS

- **Day of treatment:** Because the laser has sterilized your skin, it is not necessary to cleanse the night of your treatment. However, if you must cleanse, use the Milky Lotion Cleanser. Continue to use the milky lotion cleanser for 72 hours post treatment before returning to your normal skincare regimen.
- **Day 1 (first 24 hours):** Mix 2-4 pumps of Priming Oil with the Enriched Firming Mask in your hand. Apply this mixture as needed to keep your skin hydrated.
- **Days 2-3:** Cleanse face or treatment area with the Milky Lotion Cleanser. Mix 2-4 pumps of Priming Oil with the Enriched Firming Mask in your hand. Apply this mixture as needed to keep skin hydrated. For additional hydration, apply Enriched Firming Mask over Renewal Calming Cream

Please call the office at (650) 596-1999 if you have any questions