

**LOVELY  
BY  
LAURA**

480-326-9571

laurahaught@gmail.com

# *Pre-appointment* **INSTRUCTIONS**

## *How to Prepare for your Plasmalift Appointment*

- No coffee (caffeine) or alcohol 24 hours before your appointment.
- Make sure all clothing around the treatment area is comfortable and loose. Any tight clothing in the treatment area can cause irritation.
- Be aware, a few days of downtime may be needed for swelling to go away and carbon dots to fall off.
- Stop using glycolic acid, Retin A, and salicylic acid 2 weeks before and after treatment.
- Do not tan or spray tan 2 weeks before your procedure. No spray tanning, indoor tanning or outdoor tanning after your procedure for 3 months.
- Wear a high quality sunscreen to avoid hyperpigmentation.
- Do not get Botox or fillers for 3 weeks after your procedure.
- Do not get microneedling, Platelet-Rich Plasma Injections (PRP), chemical peels, or any facial treatments for 3 months after your treatment.
- If you are having treatments around your lip area you must not have Herpes Simplex Virus (cold sore/fever blisters).
- You cannot be pregnant or breastfeeding.
- This treatment is not for people with pacemakers or people who are prone to keloid scarring.
- Treatment is only recommended on light to medium skin tones. Anyone with darker complexions is at risk for hyperpigmentation.
- I am located at 2500 S. Power Road Building 9, Suite 121A Mesa, AZ 85209. If my door is closed, please have a seat at one of the open benches in the hall and I will be out to get you shortly.