

## EMFACE

### Pre and Post Treatment Guide

#### Pre Treatment Care

- 3 months prior - no skin dermabrasion, skin resurfacing, or deep chemical peels.
- 2 months before - no filler in areas to be treated.
- 2 weeks before - no botox or other like injectables in areas to be treated.
- A few days before: Stay well hydrated to maximize results! On average, healthy adults should try to drink 1/2 their body weight in ounces each day. We offer in house IV hydration if you'd like a boost in the days leading up to your treatment. Try to avoid smoking, alcohol, alcohol, and tea. Maintain a healthy diet and avoid any activities that may result in a sunburn.
- 1 day before: stop all Retinoids/Retinols, AHAs, BHAs and other exfoliants on areas to be treated.
- Day of: Avoid excessive cardio the morning of your treatment. Arrive with a clean treatment area, shave if hair is present. **No makeup, lotions, deodorant, hair, or oil on the area to be treated.** Remove jewelry and any metal items on your person such as keys, coins, belt, etc from your person.
- If you arrive to your appointment with sunburns, hair, or wearing makeup/lotions/oil on the treatment area you may be asked to reschedule and subject to the cosmetics no show fee.

#### Post Treatment Care

- Avoid excessive exercise, sweating, hot baths, and saunas for 72 hours post treatment.
- For the first 24 hours you may cleanse treated areas with lukewarm water using a gentle cleanser. If redness occurs, avoid hot water until it has subsided.
- If no complications occur, you may resume your normal skincare routine 24 hours post treatment.
- To ensure and maintain best results:
  - Stay hydrated! Keep your body and skin hydrated with moisturizers, appropriate fluid intake, etc.
  - Use an appropriate moisturizer and sunblock (at least SPF 30 UV A/B) every day.
  - On average, healthy adults should try to drink at least 1/2 their body weight in ounces each day. We offer in house IV hydration if you'd like a boost after your treatment. Try to avoid smoking, alcohol, coffee, and tea. Maintain a healthy diet and avoid any activities that may result in a sunburn.
- If dryness occurs, apply copious amount of moisturizing cream.
- If redness or sensitivity occurs, you may wash your face and apply a cool compress or ice pack.

If any questions or concerns arise please contact our office without hesitation.

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