



ADVATx

Pre and Post Treatment Guide

Pre Treatment Care

- A few days before: Avoid any activities that may result in a sunburn. Stay well hydrated to maximize results! We offer in house IV hydration if you'd like a boost in the days leading up to your treatment.
- 2 days before: Avoid make-up or irritants/exfoliants on treatment areas for at least two days before your procedure.
- 1 day before: stop all Retinoids/Retinols, AHAs, BHAs and other exfoliants on treatment areas.
- Day of: Arrive with a clean and shaven treatment area. **No makeup, lotions, deodorant, hair, or oil on the area to be treated.**
- If you arrive to your appointment with sunburns, hair, or wearing makeup/lotions/oil on treatment areas you will be asked to reschedule and subject to the cosmetics no show fee.

Post Treatment Care

- **Avoid direct or prolonged sunlight for 72 hours after treatment.**
- If outdoor activities are planned, cover the treatment area and wear a total sunblock that's at least SPF 60.
- Avoid strenuous activities and sweating for at least 24 hours after a treatment.
- Do not use AHA's, BHA's, Retin-A, or Renova for 72 hours after treatment.
- You may continue using other vitamins, moisturizers, cleansers, hydrators, sunscreens, and most treatment products unless otherwise directed by your provider or skincare professional.
- Keep skin well hydrated with an appropriate moisturizer to ensure and maintain best results.
- If crusting occurs, apply a healing moisturizer like Aquaphor to affected area until healed.
- Do not peel or pick at loose skin or crusting, this can cause severe scarring and discoloration to affected area.
- If redness or sensitivity occurs, you may wash your face and apply a cool compress or ice pack. If sensitivity continues for more than 12 hours, please contact our office.
- If you are prone to oral herpes, the treatment you have just received may cause a break out. Consider asking your provider for a prophylactic treatment such as Valtrex to be started before your treatment. Please note this will typically require a separate office visit.

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

Call or Text: (305) 872-3321
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