



# DENZA™

## DENZA

### Pre and Post Treatment Guide

#### Pre Treatment Care

- 2 weeks before: No botox or other injectables, including fillers.
- 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.
- 1 day before: stop all Retinoids/Retinols, AHAs, BHAs and other exfoliants. Shave treatment area if necessary.
- Day of: Arrive with a clean and shaven treatment area. **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 will 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 with sunblock (at least SPF 30 UV A/B) every day. Avoid smoking and alcohol consumption if possible.
- 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 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  
Email: BPKMedical@gmail.com