**CATALEYA AESTHETICS**

**Forma / Forma Plus Patient Instructions**

Pre-Procedure Care and Considerations:

* It is vital that you notify your treatment team if you have a pacemaker, internal defibrillator or any electronic implant such as glucose monitor or metal plates, screws, silicone implants, or injected chemical substances in the treatment area.
* If you are getting Forma treatment on your face and have history of cold sores (HSV), please inform Dr. Reyes-Villa so that prophylaxis can be initiated before your treatment. If you already have Valtrex prescription, take 500 mg twice per day one day before, on the day of, and one day after your treatment.
* Please do not apply lotion, body oil or make up on the day of the treatment.
* Treatment may take anywhere from 30 min to 2 hours, depending on the area treated.

Post-Procedure Care and Considerations:

* Redness and mild swelling of the treatment area is expected and will resolve within 2-3 hours.
* Mild bruising is rare, but possible and will resolve within a few days.
* Do not cool the treated area.
* Do not further heat the treated area. Avoid hot water, sauna or other direct heat exposure such as tanning bed or sun for 2 days post treatment.
* Avoid scrubbing and scratching the treated area.
* Moisturize the skin.
* Hydrate – drink at least 8 cups of water each day. Soda and coffee do not count.
* While the boost in collagen building will last for the next 3 months, one maintenance session every 4-6 month is recommended to upkeep the results.
* If any adverse side effects develop, please call the office at (408)629-7097.

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Name (please print)

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Signature Date