



MERIDIAN AESTHETICS AND WELLNESS

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Client Pre-Treatment Instructions for TempSure™ Wrinkle and Cellulite Treatment

- Remove all makeup, including eye makeup, lotions or sun block and wash facial area prior to treatment. Any preparations left on the skin will act as impedance to the energy and will diminish the effects.
- Neurotoxins (e.g. Botox) or fillers should be given post-treatment or a minimum of two weeks prior to the TempSure Treatment. They can be given immediately after Tempsure treatment.
- For 5 to 7 days prior to treatment, at the practitioner's discretion, avoid therapies that may cause erythema (redness) or irritation such as Retin-A or products containing Isotretinoin, glycolic and or salicylic acid.
- The treatment area must be free of any open lesions, sores, or infections.
- For an optimum treatment, **hydrate** by drinking plenty of water or hydrating fluids several days in advance. Avoid alcohol if possible.
- **You must remove all piercings and jewelry**, including watches before treatment. These items potentially may heat up during treatment. If you have a piercing you cannot remove, please notify the provider and we will attempt to make accommodations.
- Notify the provider if you have any **tattoos**. We do not recommend treatment over tattoos and cannot place the neutral grounding pad over a tattoo.
- Notify the provider if you have any **metal implants or hardware** in your head or body. These may heat up during treatment.
- Shave any dense hair on area to be treated. Thick hair or stubble on men can heat up causing discomfort.
- Do not wear constrictive clothing. Treatment area must be accessible and a secondary area for the neutral grounding pad will also need to be accessed.



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Client Post-Treatment Instructions for TempSure™ Wrinkle, Telangiectasia, and Cellulite Treatment

Typically, clients **may return to their normal activities** after receiving a TempSure treatment. Please follow the medical advice of the practitioner regarding the care of your skin.

- Wash skin with tepid or cool water and a gentle cleanser.
- If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until any erythema (redness) has subsided.
- Makeup may be applied immediately post treatment.
- Soothing creams or moisturizers are recommended.
- Use a sun block with an SPF of 30 or greater if going out into the sun to help prevent future sun damage. This treatment does not cause photosensitivity.
- Stay hydrated, drink plenty of water.

The practitioner will describe the nature and timing of skin improvement that may be noticed over time. If there are any further questions or concerns, contact the treatment providers office.