

## Pre-Treatment Instructions:

1. Avoid taking aspirin, naproxen, ibuprofen or any other NSAIDs for 1 week prior to your appointment.
2. Pick up any prescribed pre-treatment medications.
3. Advise the staff if you have any implanted metal hardware in your body or a defibrillator/pacemaker.

## Day of Treatment Instructions:

1. Eat a good meal before coming in for your Thermage® treatment.
2. Bring any prescribed medications with you to your appointment.
3. Wear comfortable clothing that you do not mind if the coupling fluid gets on it.
4. If you are having the procedure done on your eyes, do not wear contact lenses.
5. If you are a male receiving the face treatment, please arrive with your face closely shaven.
6. Arrive with a clean face without makeup or lotion.
7. Plan on having a ride to take you home after the procedure is complete. This is a safety measure due to the medicine that is provided for your comfort during the Thermage® procedure.
8. Plan to spend approximately two hours in-office for the full procedure.

## Post-Treatment Instructions:

1. Avoid cooling packs or ice
2. Do not take aspirin, naproxen (Aleve), ibuprofen (Advil, Motrin), or other NSAIDs for the next two weeks if possible. If you need to take a pain medication, take acetaminophen (Tylenol).
3. It is very important to use sunscreen daily. Use liberal amounts of sunscreen that has broad-spectrum UVA + UVB coverage of SPF 30 or higher. Apply sunscreen 20 minutes prior to going outside and reapply frequently (at least every two hours).
4. Remember, it takes up to 6 months to see your full results!

If you have any questions or concerns that arise, please call us at (719) 228-9488. If it is outside of regular business hours and of an urgent nature, please call our after-hours number (719) 257-3779.