



Sleep and Wellness Medical Associates, LLC

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TEMPSURE: PRE & POST CARE INSTRUCTIONS

BEFORE TREATMENT:

- PRIOR to treatment, ALERT us of any conditions that you have/and or any medications you are taking
- If you have been tanning, you CANNOT be treated (this includes self-tanners, and spray tanning), 4-6 weeks prior to your appointment
- Results may vary from person to person
- The following MUST BE STOPPED 48 hours prior to treatment: ALL retinol products such as Retin A, Tazorac, Triluma, Differin, and Vitamin C.
- The DAY OF your treatment come well hydrated, don't wear any make-up or skincare products on the area that is receiving the treatment
- Remove ALL metal from around the treatment area, this includes jewelry

AFTER TREATMENT:

- Some patients might experience slight swelling and redness, this will typically resolve in 2 to 24 hours after treatment, avoid hot water if the area is pink or red (until the color subsides), wash skin with lukewarm water and a gentle cleanser
- Avoid saunas, steam rooms, hot tubs, and exercise after treatment, other normal activities may be resumed
- The patient can apply makeup immediately after treatment
- A gentle cleanser (non-exfoliant) and light moisturizer can be used the day after treatment, and you can resume back to your regular skin care routine the next day
- The patient can resume waxing, tweezing, etc 3 days after treatment
- Skin irritants like glycolic/ salicylic acids, benzoyl peroxide, retinol products, or vitamin C) all can be used 3 days after treatment
- Any SPF 30 or higher as well as UVA and UVB protection will be applied right away after treatment. CONTINUE to apply sunscreen daily to maintain your results and lessen irritation
- The patient can resume chemical peels, toxins and dermal fillers one week after treatment

Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information