

sublative skin rejuvenation

Pre-Treatment Instructions

Avoid skin irritation or intentional skin tanning.

Avoid any irritant topical agents 2-3 day prior to treatment.

Shave any hair in the treatment area.

Skin should be clean, with no lotion, make-up, deodorant, perfume, powder or bath/shower oil present on the skin in the area to be treated.

Post-Treatment Instructions

Wait 12 hours before washing face, and then only use a gentle cleanser-wash on treated area with hands - not a wash cloth.

After you wash your face, apply a moisturizer if necessary, use sunblock with SPF 30 or higher that contains zinc and you can use a powder based mineral make-up.

If you are out in the sun, you need to reapply sunblock every four hours.

Do not pick or scratch at the little scabs, they will fall off on their own in approximately 3-5 days.

Avoid thermal trauma such as hot showers, whirlpools, steam rooms and saunas for two days following the treatment.

Do not do anything that will make you sweat (*ie. working out*) for two days following the treatment.

Do not take any anti-inflammatory medication for 1 week following treatment (*ie. ibuprofen, advil, excedrine, nuprin*) or antihistamine medication.. ■