



Pre-treatment Guidelines

- Keep hydrated by drinking water (at least eight cups daily) or hydrating fluids to improve treatment outcomes.
- Avoid drinking alcohol for 24 hours in advance of treatment.
- For three to seven days prior to treatment, at the physician's discretion, avoid therapies that may cause erythema (redness) or irritation, such as retinols or products containing isotretinoin and any exfoliating acid preparations.
- Shave visible hair from the treatment area.
- Male beards should be shaved on the day of treatment.
- The same procedure should be followed prior to each visit. Sample Form Posttreatment Instructions
- Do not scrub or exfoliate the skin.
- Wash the area with warm water and a mild cleanser.
- Do not apply liquid makeup for 24 hours; mineral makeup is acceptable after the erythema resolves.
- If erythema after treatment persists, use an ice pack (or frozen peas) at home, but always use a protective barrier, such as a face cloth, between the skin and the ice pack.
- Always wash your hands thoroughly before touching your face: there are micropathways opened into the dermis and hands will introduce bacteria.
- If skin feels tight or dry, apply moisturizing cream frequently.
- If you currently have skin breakouts, you may find that the condition may temporarily worsen due to inflammation or edema.
- Do not pick at treated tissue: doing so may result in hyper- or hypopigmentation.
- Avoid ultraviolet rays and apply sunblock >30 SPF UV A/B daily. • Avoid alcohol consumption if possible.
- For 24 hours, refrain from high intensity aerobic exercise or activities that increase the body temperature like saunas, hot tubs, steam showers or exercise (i.e. jogging, weight training, kickboxing, etc.).
- Call your practitioner if any problems develop: concerns regarding rash, itching, erythema, etc., for more than 24 hours.
- Keep hydrated by drinking water (at least eight cups daily) or hydrating fluids to improve treatment outcomes. • Avoid drinking alcohol for 24 hours in advance of treatment.
- For three to seven days prior to treatment, at the physician's discretion, avoid therapies that may cause erythema (redness) or irritation, such as retinols or products containing isotretinoin and any exfoliating acid preparations.
- Shave visible hair from the treatment area.
- Male beards should be shaved on the day of treatment.
- The same procedure should be followed prior to each visit.