



## Facial Treatments

### PRE-PROCEDURE INSTRUCTIONS

- Discontinue the use of Retin A, Retinols, Vitamin A creams and other topical medications 3 days before your treatment.
- Avoid alcohol and cigarettes 3 days BEFORE and AFTER your treatment.
- Avoid medicines or supplements that delay clotting such Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week prior to and after your treatment. Use Tylenol if needed.
- Do not use alcohol based cleaning solutions. A gentle facial cleanser, like Cetaphil Facewash or CeraVe Hydrating Facial Cleanser, are ideal to use before and after treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed.
- Avoid excessive sun or heat exposure at least 14 days prior to and after the appointment.
- Avoid wearing makeup on the day of your appointment.
- Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.
- Drink a bottle of water (500 mL) at least 2 hours before your session.
- Please plan to have a minor amount of down time after treatment and schedule accordingly. If you have an event, please notify us.