



Pre-Treatment Instructions: MEDICAL AESTHETICIAN TREATMENTS

Providing our patients with the finest possible medical care available is our continuing goal. We take pride in helping our patients have a very positive experience while under our care. The following instructions will help us provide you with the high-quality care that you deserve.

1. Try to clean and wash the area that is to be treated and refrain from using any makeup or perfume. This allows for the most optimal results.
2. Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
3. If you are pregnant or breastfeeding, please let us know prior to your appointment
4. If you are undergoing laser hair removal: The area to be treated must be clean-shaven. This helps achieve the best result with least discomfort. Unshaven clients may need to be rescheduled.
5. Avoid UV exposure to the area to be treated for 7 days prior to your treatment.
6. Avoid sunless tanning products 7 days prior to your treatment
7. Clients who are sunburned or tanned may need to delay treatment.
8. Avoid chemical peels and other laser procedures in the area to be treated for 2 weeks prior
9. Avoid all alpha hydroxy and beta hydroxyl products (AHA/BHA), hydroquinone, retinols/retinoid, tretinoin, retin-A, Tazorac, and Differin for 7 days before treatment.
10. Clients with any abnormal lesions, moles or spots on the area to be treated must be cleared by a dermatologist prior to treatment.
11. If you are prone to cold sores, it is highly recommended to take an anti-viral medication (such as Valtrex) prior to your treatment. Clients with active cold sores will not be treated.
12. Clients who have used Accutane or similar products within the last 12 months CANNOT have laser hair removal treatments.
13. Client should not perform any physical activity that increases body temperature or blood pressure within 2 hours before treatment
14. If you have Botox or dermal fillers in the area to be treated, wait 14 days both before and after injection to receive treatments.
15. If you are taking antibiotics, you may need to delay your appointment as some antibiotics cannot be taken within 14 days of laser or light based treatment.
16. If you are undergoing ultherapy treatment, it can be beneficial to take ibuprofen 1 hour prior to your appointment.