



Pre-Treatment Instructions Medical Aesthetician Treatments

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

Skin Preparation

- Clean and wash the area to be treated before arriving for your appointment.
- Do not apply makeup, lotions, perfumes, or skincare products to the treatment area.
- If you are undergoing laser hair removal, the treatment area must be clean-shaven prior to your appointment. Unshaven areas may require rescheduling.

Sun Exposure

- Avoid UV exposure to the treatment area for 7 days prior to treatment.
- Avoid sunless tanning products for 7 days prior to treatment.
- Clients who are sunburned or significantly tanned may need to delay treatment.

Skincare Products

- Discontinue the following products 7 days prior to treatment: alpha hydroxy acids (AHA), beta hydroxy acids (BHA), hydroquinone, retinols or retinoids, tretinoin, Retin-A, Tazorac, and Differin.
- Avoid chemical peels or other laser procedures in the treatment area for 2 weeks prior to treatment.

Medications and Medical Conditions

- If you are pregnant or breastfeeding, please notify our office prior to your appointment.
- If you are taking antibiotics, you may need to delay your treatment, as some antibiotics cannot be taken within 14 days of laser or light-based procedures.
- Clients who have taken Accutane (or similar medications) within the last 12 months cannot receive laser hair removal treatments.
- If you are prone to cold sores, it is recommended that you take an antiviral medication (such as Valtrex) prior to treatment. Clients with active cold sores will not be treated.
- Any abnormal lesions, moles, or spots in the treatment area must be cleared by a dermatologist before treatment.



Prior Cosmetic Treatments

- If you have had Botox or dermal fillers in the treatment area, please wait 14 days before and after injections before receiving treatment.

Day of Treatment

- Eat a normal meal and drink fluids prior to your appointment to help reduce the chance of lightheadedness.
- Avoid physical activity that increases body temperature or blood pressure within 2 hours before treatment.

Ultherapy Patients

- If you are undergoing Ultherapy treatment, taking ibuprofen approximately 1 hour prior to your appointment may help reduce discomfort.