

Pre-treatment

72 hours prior...

- Avoid sun exposure/burns.
- Discontinue use of retinoids.
- Avoid glycolic, lactic, aha's, bha's and any other exfoliating product.

24 hours prior...

- No autoimmune therapies within 24 hours of procedure.
- Call to reschedule if you have open lesions or breakouts.

Day of appointment...

- If possible, come to your appointment with a clean face free of oils, makeup, and debris.
- Remove contact lenses and bring your glasses if applicable.

Post-treatment

- Apply sunscreen protection daily using a minimum of spf 30+.
- Avoid direct sunlight 14-21 days post treatment.
- Avoid tanning beds or self-tanning products for a minimum of 72 hours.
- Do not wax or use any type of exfoliating products for at least 7 days or until your skin is fully healed and shows no signs of sensitivity or redness.
- Do not pick or peel at scabs, blisters, or peeling skin. Doing so may cause permanent scarring.
- Avoid excessive heat sources such as hot baths, hot shower, saunas, hot tubs, and steam rooms for a minimum of 72 hours.
- Avoid strenuous activity or any activity that can result in increased blood circulation and/or sweating for at least 24 hours.
- Do not apply topical prescription medications or any products containing Retin-A, Retinol, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, Astringents or Vitamin C for at least 14 days post procedure.
- Do not apply makeup until fully healed.
- Please contact us if you have any questions or concerns.