



Pre Treatment Instructions:

- Avoid sun exposure at a minimum for 2 weeks before treatment
- Discontinue any topical prescription medication to the treatment area 2 weeks before treatment (Tretinoin, hydroquinone, topical steroids, etc.) – consult with the prescribing physician.
- One week before treatment discontinue over-the-counter skin care products with powerful active ingredients: e.g. AHA (alpha hydroxy acid), BHA (beta hydroxy acid), retinol. If unsure, please ask your healthcare professional.
- Wait 2 weeks between discontinuation of photosensitive medications (tetracyclines, etc.) before starting treatment. Please consult your prescribing physician
- Wait a minimum of 2 weeks after facials/microdermabrasion/chemical peels/microneedling/neurotoxin/dermal fillers before beginning treatment
- Darker Fitzpatrick skin types may be preconditioned with tyrosinase inhibitors at the discretion of the healthcare professional.
- Patients with a history of swelling or a histamine like reaction may be pretreated with Claritin starting 5 days before treatment. Please consult your healthcare professional.

Post Treatment Instructions:

Immediately Post Treatment:

- Face is cleansed with mild cleanser/ witch hazel
- Treatment area is cooled for approximately 15 minutes, either with cooling tip on device, Zimmer, or ice packs
- Avoid sun exposure. Consider using a hat, scarf, etc. to shade the treated area while traveling home from your treatment. Your health care professional may prescribe other topical or medications following your treatment. Please consult with your healthcare professional.

Patient Post Treatment Instructions:

- Sleep with head elevated for 2-3 days
- Do not scrub, rub, use exfoliants or pick at skin post treatment
- Refrain from using anything to treatment area topically for next 24 hours besides gentle cleanser and the topical products prescribed by your healthcare professional.
- Avoid direct sun exposure to face for minimum of 2 weeks following treatment.
- Only use a gentle cleanser on your skin (e.g. Cetaphil)
- Avoid any facials or facial treatments for a minimum of 2 weeks post treatment; skin may remain fragile for 4 weeks post treatment- consider avoiding massage or facials with suction to all treated areas.
- Any feeling of dryness of your skin can be addressed with gentle non-comedogenic moisturizer (e.g. Cetaphil)



- After 24-48 hours, use a sunscreen daily for sensitive skin as your last application of topicals
- Avoid skincare with active ingredients like AHAs/BHAs and retinols for 1 week post treatment
- Consult with your healthcare professional about the use of ibuprofen/acetaminophen and apply ice as needed for supportive measures post treatment
- Discuss with your healthcare provider the use of H1/H2 histamine blockers for swelling reduction (Claritin/Allegra, Pepcid)
- Oral prescription medication (e.g. prednisone) may be prescribed by your healthcare professional for severe swelling/ more aggressive treatments. Please discuss with your healthcare provider.
- Some patients may experience acne-like eruptions, that can be managed by your healthcare professional with oral and topical medications.
- Be sure to have your questions about your treatment or post treatment care answered by your healthcare professional before leaving the office. Please reach out to your healthcare professional with any questions or concerns that arise once you leave the office.