



Aesthetics Pre-Procedure Instructions

To ensure the best possible outcomes from your procedure, it is important that we set the stage for success. Please follow these instructions to prevent any complications and to make sure that your healing process goes smoothly. Let's put your best face forward!

- On the day of your procedure, please come with a freshly washed face and without makeup, lotions, moisturizers, or any other topicals
- If you are prone to cold sores, please let us know immediately so that we can prescribe suppression treatment starting **2 days** prior to your procedure
- To decrease the risk of bruising, avoid excessive alcohol, aspirin, NSAIDs (ibuprofen, Aleve) garlic, ginkgo biloba, fish oils and vitamin E for **5-7 days** prior to your treatment unless otherwise advised by your medical provider
- Avoid Retin-A products (retinoids), topical antibiotics, hydroquinone, and benzoyl peroxide **3 days** prior to treatment
- Avoid acids and exfoliates for **24 hours** before the treatment, or any topical that may dry or irritate the skin, ex. Alpha Hydroxyl Acid (AHA) or Beta Hydroxyl Acids (BHA)
- Avoid prolonged sun exposure and tanning beds **24 hours** prior to treatment
- Avoid shaving the area of treatment **the day of** the procedure
- Avoid waxing, depilatory creams or electrolysis **7 days** prior to the procedure
- **No** Accutane use for 6 months prior to your procedure
- **No** microneedling within the last 4 weeks
- **No** autoimmune therapies or products within 12 hours of treatment
- **No** IPL (Intense Pulsed Light)/Laser procedures within 7 days
- **No** CO2 laser procedures within 3 months
- Understand that some redness, irritation, and flaking/peeling is normal within the first 24-48 hours after the procedure. This may not be the time to make big plans!

If you have any questions or concerns, please contact us prior to your procedure at **(907) 745-3380**.