

Pre & Post Treatment Guidelines

PRE AND POST TREATMENT GUIDELINES FOR LEVEL 2 SERVICES

In any given appointment you may receive multiple services- your Pre/Post & Home Care Guidelines are based on your highest level of service that day (Level 1, 2 OR 3)

Level 2 Services Include: Dermaplane, Facial Waxing, Lira 3D Series Peels, Microdermabrasion

<p>WHAT TO EXPECT</p> <ul style="list-style-type: none"> • 3-5 days of recommended Home Care • It is advisable to adhere to pre and post care instructions for best results • Depending on the treatment, you may experience some temporary redness, stinging, or warm flushing for a few hours. • Facial skin may feel chapped/windburned for a day or so after a Level 2 treatment. • Depending on the treatment performed and your individual skin health, the following reactions may occur in some individuals: Prolonged redness, irritation, flakiness, dryness, sensitivity, and in rare instances severe allergic reactions • Additional detail can be found on the Service Overview document for your service(s) 	<p>PRE-TREATMENT GUIDELINES</p> <p>To avoid any unpleasant surprises</p> <ul style="list-style-type: none"> • 3 weeks prior: No Botox/fillers, chemical peels or laser resurfacing on the treatment area • 2 weeks prior: start using a melanin inhibitor, like Lira PRO Lite • 1 week prior: Avoid sun exposure and tanning beds. If you do go in the sun, be sure to use SPF and reapply regularly • 3-5 days prior: stop exfoliating the area- no professional skin treatments, waxing, electrolysis, or laser hair removal and stop using prescription retinoids (Tretinoin, Retin-A, Renova, Tazorac) • 3 days prior: stop using drying/sensitizing ingredients like AHAs, BHAs, Benzoyl Peroxide, and non-prescription retinoids (Differin Gel, retinaldehyde, retinol) • 1-2 Days prior: focus on hydration and remember to start your medication if you take preventive antivirals for cold sores
<p>POST TREATMENT GUIDELINES</p> <p>To maximize recovery time and results</p> <p>Do's and Don'ts</p> <ul style="list-style-type: none"> • Continue to focus on hydration • No makeup, hot tubs/saunas, exercise/sweating, pools for at least 24 hours (& until heat/redness dissipates) • No direct sun exposure and diligently use mineral sunscreen for 48 hours (if you can't avoid it, seek shade, use a <u>mineral</u> SPF 30, and add a hat/sun protective clothing over the treated area). • Mineral SUNSCREEN every day is important for at least 2 weeks. • No sun tanning, tanning beds, or fake tanning for 1+ weeks. • Wait until any irritation, flaking and peeling is complete before resuming your normal skincare routine or additional professional treatments. • If you experience flaking/peeling <ul style="list-style-type: none"> ○ It usually starts within 48 hours and lasts up to 7 days ○ Dark spots may appear darker before shedding off ○ DO NOT pick or pull at the skin ○ DO NOT scrub or use a wash cloth ○ Moisturizing helps the look and discomfort of dry/flaking/peeling skin • Follow recommended Home Care 	<p>HOME CARE</p> <p>These are general recommendations; you can find specifics on the Service Overview document for your service(s)</p> <ul style="list-style-type: none"> • Day 1 (the day of), before bed, follow a recommended Gentle Skincare Routine • Days 2+, continue gentle skincare AM & PM • You may resume your normal skincare routine around day 4 or 5 (after any irritation, flaking and peeling is complete)