

# Pre & Post Treatment Guidelines

## FOR LEVEL 1 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 1** Services Include: Facials, Gua Sha, Microcurrent, Nano Needling, New Client Facials

<p><b>WHAT TO EXPECT</b></p> <ul style="list-style-type: none"> <li>• 12-24 hours of recommended Home Care</li> <li>• You are unlikely to notice any peeling or irritation with this level of treatment</li> <li>• If you have any warmth, flushing, or irritation after treatment, it is likely to subside within a few hours</li> </ul>	<p><b>PRE-TREATMENT GUIDELINES</b></p> <p>To avoid any unpleasant surprises</p> <ul style="list-style-type: none"> <li>• <b>3 weeks prior:</b> Avoid Botox/fillers on the treatment area (<b>4wks</b> microcurrent)</li> <li>• <b>1 week prior:</b> Avoid sun exposure and tanning beds. If you do go in the sun, be sure to use SPF and reapply regularly!</li> <li>• <b>2-3 days prior:</b> stop exfoliating the area- so no professional skin treatments, waxing, electrolysis, or laser hair removal and stop using prescription retinoids (Tretinoin, Retin-A, Renova, Tazorac)</li> <li>• <b>2-3 days prior:</b> stop using drying/sensitizing ingredients like AHAs, BHAs, Benzoyl Peroxide, and non-prescription retinoids (Differin Gel, retinaldehyde, retinol, retinal)</li> <li>• <b>1-2 Days prior:</b> focus on hydration</li> </ul>
<p><b>POST TREATMENT GUIDELINES</b></p> <p>To maximize recovery time and results</p> <p><b>Level 1 Do's and Don'ts</b></p> <ul style="list-style-type: none"> <li>• Continue to focus on hydration</li> <li>• No makeup, hot tubs/saunas, exercise/sweating, pools <b>till the next day</b></li> <li>• No direct sun exposure and diligently use sunscreen for 24 hours (if you can't avoid it, seek shade and use a <u>mineral</u> SPF 30+ and hat/sun protective clothing over the treated area).</li> <li>• Mineral SUNSCREEN every day is important for at least <b>1 week</b>.</li> <li>• No sun tanning, tanning beds, or fake tanning for <b>1 week</b>.</li> <li>• Follow recommended Home Care</li> </ul>	<p><b>HOME CARE</b></p> <p>These are general recommendations; you can find specifics on the Overview sheets for your service(s)</p> <ul style="list-style-type: none"> <li>• Day 1 (the day of), before bed, follow a <b>Gentle Skincare Routine</b></li> <li>• Day 2, resume your normal AM/PM skincare routine</li> </ul> <p>Any of my Gentle Skincare Routines will work for a Level 1 service</p>