



PRE-TREATMENT INSTRUCTIONS

- Ensure your body is well hydrated
- Please inform the Physician if you are prone to COLD SORES. A course of medication (Valtrex) may be required before treatment.
- DO NOT take Aspirin, Ibuprofen, other anti-inflammatory, or Vitamin E for at least 4 days prior to your treatment. You may take Tylenol.

POST-TREATMENT INSTRUCTIONS

- Please refrain from any activities that will increase your circulation (i.e. exercise and drinking alcohol)
- In order to allow the product to stabilize, do not rub, scratch, or massage the treated area(s)
- Avoid extreme hot/cold temperatures
- Avoid excessive movement of the area for a few days, especially the first 12 hours. If you have had lip enhancement, avoid puckering your lips for 2 days after the treatment, also avoid drinking liquids through a straw.
- For pain relief, use Tylenol, or gentle applications of ice for up to 1 hour post-treatment.
- If you notice any lumps or bumps in the treated area, please contact the clinic. DO NOT rub the area or try to "smooth" the bumps.
- Always wear a sunscreen/sunblock to protect your treated skin to prevent further wrinkling due to sun damage.
- Inquire about using our line of Glo mineral makeup, which your skin care consultant can advise you of.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT THE CLINIC AT 780-459-7769.