

Pre - Procedure Guidelines

Please remember that all results vary.
Please call 561-0240 during office hours 9-5 M-F.
Urgent calls after hours call 224-1414
For emergency call 911

BOTOX Cosmetic Injectable

- *Avoid if possible blood thinning agents
- *Avoid alcohol (recommended by Allergan)
- *Avoid laying down for 4 hours after injection
- *Avoid heavy exercise post treatment
- *Continue to make muscle movements in the area
- *Cleanse and apply make-up as needed.

What to expect:

Red "mosquito bite" looking bumps can occur immediately following treatment and usually only last about 15 minutes. Bruising can occur at the injection site but is rare with BOTOX. Full relaxation takes from 1 - 14 days. Results vary and some individuals may need additional treatments or touch-ups. Results usually last from 2-4 months.

*Please refer to BOTOX Informed Consent Form

Juvederm Dermal Fillers Injectibles

- *Avoid if possible blood thinning agents including Aspirin/Ibuprofen 2 weeks prior to avoid bruising
- *Avoid alcohol (recommended by Allergan)
- *Avoid laying down for 4 hours after injection
- *Avoid heavy exercise post treatment
- *Avoid massaging the area. Your practitioner has already moulded the product properly
- *You may apply a topical Arnica cream to help with swelling
- *You may apply cold packs to reduce swelling
- *Cleanse and apply make-up as needed.

What to expect:

Results are immediate. Swelling occurs upon injection and can last a few days. (Lips especially) Bruising is common and can last up to approximately 2 weeks. Hematoma can occur and will eventually subside. The treated area can feel bumpy until the product naturally disperses into the dermal plane.

*Please refer to Consent forms

Chemical Peels

Post Care:

- *Avoid sun exposure
- *Cleanse with gentle cleanser and cool water
- *Apply SPF 30+ sunscreen DAILY
- *Apply moisturizer/serums are recommended
- *Wait approximately 7 days before using treatment strength products when peeling and redness has subsided. Follow post peel instruction pamphlet for the VI Peel.

What to expect:

Skin will appear shiny and feel tight. Skin will start to look wrinkly and then begin to flake or peel. This exfoliation process varies per individual. Peeling usually begins day 2 or three and can last up to 5-7 days. Some individuals may only flake slightly.

Microdermabrasion / Micro Needling

Post Care:

- *Avoid sun exposure
- *Cleanse with gentle cleanser and cool water
- *Apply SPF 30+ sunscreen DAILY
- *Apply moisturizer/serums as recommended
- *Wait 5 days before using treatment strength products
- *Use Post Procedure repair products as recommended to speed healing

What to expect:

Microdermabrasion

Skin will be well exfoliated and brighter. Some redness and flaking can occur.

Micro-Needling

Skin will be red and may have pinpoint bleeding. Redness should subside within approximately 24 hours. Some flaking can occur.

Post Treatment Instructions

Avoid all treatment strength topical exfoliants/prescriptions/acids/recent sun exposure

5 DAYS BEFORE ALL PROCEDURES.

We will be unable to treat you and you will be subject to full payment of your scheduled service.

Please call us 5 days in advance with any ingredient questions for your safety 561-0240.

IPL (Photofacial)

Post Care:

- *Avoid Sun exposure
- *Wash with gentle cleanser and cool water
- *Apply SPF 30+ sunscreen DAILY
- *Apply Post Treatment recommended products as needed
- *Resume treatment strength products in approx. 10 days.
- *Melanin suppressing products are a key component to maintain results and prevent pigment from reoccurring.
- *Wait until redness/peeling have subsided before using treatment strength products.

What to expect:

Swelling, redness and skin blanching and broken capillaries are normal reactions. Darkening and bronzing can occur and can last for several weeks. Skin may appear "peppered" and scabs will eventually flake off. Itching and dryness can occur and all will gradually clear.

Fractional Laser Resurfacing

Post Care:

- *Avoid Sun exposure
- *Wash with gentle cleanser and cool water
- *Apply Post Procedure recommended products DAILY and as needed
- *Apply SPF30+ sunscreen Daily
- *Resume treatment strength products in approx. 10 days.
- *Melanin suppressing products, hydrators and serums are key components in maintaining results and preventing hyperpigmentation from occurring.
- *Wait until swelling/redness/peeling have subsided before using treatment strength products.

What to expect:

Swelling and redness are normal and can last approximately 1 week. Itching and dryness will occur. Consistent use of Post Procedure products speed recovery and enhance results.

VI Precision Plus Peel/Purify Acne Peel

Post Care:

- *Avoid sun exposure
- *Cleanse with gentle cleanser and cool water
- *Apply post procedure towellettes as directed
- *Apply Post Procedure Protectant as directed
- *Apply SPF Sunscreen DAILY
- *Apply additional hydrator (recommended)
- *DO NOT PICK or PEEL skin. Scarring can occur.
- *Avoid workouts/sweating until peeling is over
- *Men gently shave in one direction
- *Benadryl may be taken for itching
- *Apply a heavier ointment/hydrator around mouth and on eyelids
- *Avoid make-up until peeling is completed

What to expect

Directly following the peel, skin will feel tight and sunburn. Skin will begin to look shiny then a bit wrinkly. Skin usually begins to peel on day 2 or 3 with more aggressive peeling on days 4, 5, 6. Itching is normal. Slight discomfort is normal.

Laser Hair Reduction

Post Care:

- *Avoid Sun exposure
- *Wash with gentle cleanser and cool water
- *Apply SPF 30+ sunscreen DAILY
- *Apply Post Treatment recommended products
- *Resume treatment strength products in 10 days.
- ***Please shave the area within 24 hours prior.**
- *No plucking 2 weeks prior to each session!

What to expect:

Redness in the treatment area is normal and should subside in an hour or so. New hair growth will start to become thinner and more sparse in treated area with each treatment.

Laser Vein Therapy (Body)

*Follow above Post Care instructions

Some vessels will clear immediately while others may turn red or darken before clearing. Retreatment is likely necessary. (darkening of the skin can occur) Compression garmets are advised. Avoid strenuous activity for recommended period following treatment.

Client Signature _____

Date _____