

CARE

CENTER *for*
ADVANCED
REJUVENATION &
ESTHETICS®

Pre Op Instructions

V-FR

- No caffeine day of appointment
- No NSAIDS 7 days before or after appointment
- No makeup for 48 hours after treatment
- No pools, saunas, hot tubs, or sweating for 48 hours after treatment
- Stay hydrated (drinking at least 1 liter of water daily) during your entire course of treatment.
- Do not use alcohol-based cleaning solutions.
- Discontinue any irritant topical agents 1 week before the treatment (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.)
- Use a high-factor sunscreen (at least 50 SPF) during entire treatment process

V-FORM

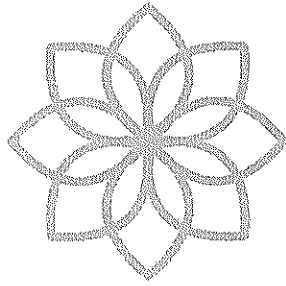
- Stay hydrated (drinking at least 1 liter of water daily) during your entire course of treatment.
- Shave all areas to be treated. • All treatment sites should be clean with no lotions or other skin products.
- Wear your own undergarments. Thong underwear is preferred if the buttocks are to be treated.
- Do not eat a large meal prior to treatment on the abdominal area
- Remove all body piercings on treatment areas prior to treatment. They may be put back immediately following treatment.
- The office will provide garments and fresh linen so that you can get undressed in the treatment room

V-ST

- Stay hydrated (drinking at least 1 liter of water daily) during your entire course of treatment.
- Do not use alcohol-based cleaning solutions

What to wear for your appointment:

- Microneedling w/PRF or Hair Growth treatments: Please be aware that your your clothes may get stained (wear your least favorite).
- During all other procedures we will provide you with a garment to use during your treatment. This will keep your clothes clean and provide us with the optimum work environment for effective treatment.



CARE

CENTER *for*
ADVANCED
REJUVENATION &
ESTHETICS®

V-IPL

- Avoid sunburns, exposure to sun or artificial tanning during the past 3-4 weeks prior to treatment
- Avoid use of Accutane (Isotretinoin, Roaccutane) within the past 3-6 months
- Avoid use of photosensitive medication or herbs within 2 weeks prior to treatment (such as Isotretinoin, tetracycline, or St. John's Wort.)
- Avoid use of Tretinoin
- Retin A in the last 2 weeks
- In the case you suffer from Herpes, initiate preventive treatment with antiviral medications (though preventive treatment does not ensure total prevention of Herpes appearance during the treatment)
- For hair removal:
Do not use wax or shaving depilation machine before (21-30 days) and during the entire course of treatments. Shave only areas that will be treated (avoid shaving areas without hair or that are not a target for the treatment).

The following is a list of conditions which **require a waiting period** prior to treatment until the affected skin's appearance is similar to the surrounding skin:

- Use of Glycolic Acid (over the counter) Less than 10% - 1 day; over 10% - 2 weeks
- Use of Retin-A, Differin Renova, Adapin - 2 weeks
- Moderate peel - 1 month; Light peel - 2 weeks
- Use of oral isotretinoin (Accutane) within the last 3-6 months
- Deep peel - 6 months
- Laser skin resurfacing ((non fractionated) - 6 months
- Fractionated laser skin resurfacing- 1 month
- Exposure to sun or artificial tanning during the past 3-4 weeks prior to treatment.
- Use of photosensitive medication or herbs within 2 weeks prior to treatment
- Burns - 4-6 months
- Surgical scars - 1 year
- Skin graft - 1 year

What to wear for your appointment:

- Microneedling w/PRF or Hair Growth treatments: Please be aware that your clothes may get stained (wear your least favorite).
- During all other procedures we will provide you with a garment to use during your treatment. This will keep your clothes clean and provide us with the optimum work environment for effective treatment.