



Advanced Skin Tightening Pre and Post-Care

Pre-Care

- Avoid the sun for 2 weeks before and 2 weeks after your laser treatment. Sun-exposed skin is more susceptible to injury during laser treatments. PLEASE NOTE: Recently tanned skin CANNOT be treated due to risk of burns and/or hypopigmentation.
- Avoid all topical medications to the treated area for one week prior to your appointment.
- Discontinue use of self-tanning products 2 weeks prior to your appointment. All residual self-tanner must be removed.
- Discontinue use of any antibiotics at least one week prior to your treatment. Let your provider know if you are taking any prescription medications.

Post-Care: DAY 1 TO 7

- The healing time for any given treatment varies between different clients. The following represents the general recovery phases you might expect. Individual clients may experience variations from this course.
- **Swelling/Discomfort/Redness:**

Swelling of your wrinkles occurs immediately. While it is possible for patients to experience swelling in the under-eye area for the first day, this swelling will subside. For the first 3 hours, there will be redness and slight heat emanation from the treated area - this is a normal part of your body's natural healing response. It is unusual to experience severe or excessive pain, as well as any bruising; let us know if this occurs.
- **Activity:**

Post-treatment redness is mild, and you may return to regular activities immediately. You may experience mild heat emanating from the treated area. This is a normal part of the body's natural healing response. Do not apply ice or cooling compresses.
- **Moisturizer:**

Moisturizer should be applied regularly throughout the course of your treatment series, and it may be applied immediately after each treatment.

- **Make-Up:**

Make-up can be applied immediately after each treatment. Do not sleep with makeup on the treated area. It is important to remove all make-up that is applied to the skin at night.

- **Avoiding the Sun:**

Avoiding direct sun should become a permanent component of your long-term skin care program. Always use a broad-spectrum sunscreen of SPF 30 or greater, even on cloudy days, regardless of season.

- **Long-Term Skin Care:**

In addition to avoiding direct sun exposure, we suggest all clients use long-term skin care that prioritizes the youthful, rejuvenated appearance you have achieved. We offer clients a program for long-term facial skin maintenance. Please inquire for more information.

- **Home Regime:**

To enhance the results of the treatments, we recommend that you maintain a healthy and active lifestyle. Gaining weight during your treatment series for example, could compromise your end results.

If you have any questions or concerns, please do not hesitate to contact us at angie@faceforward.info or 512.766.9396.