

FOR 1-2 DAYS:

- NO sunscreen on day 1, apply only day 2 as instructed by provider.
- NO alcohol, spicy or hot foods until day 2.
- NO exercise, defer activity until redness or swelling subside on at least day 5.
- NO sun or any environmental exposures like wind, extreme cold, ocean water.
- NO product use other than those recommended by or given to you by your provider.
- NO cosmetics unless you have a "new" brush and products. Previously used cosmetics may harbor bacteria that can cause infection, otherwise you may apply cosmetics on day 5 if comfortable.
- NO ice, (especially frozen peas or vegetables packets) directly on the skin, especially if you are still numb from pre-treatment topical analgesic mixture (if applicable) immediately post-treatment. There is no way to assure what you procured from the grocery store freezer is "clean".
 - Cold compresses are okay - please use ice pack given in office with a gauze or clean towel wrapped around it. DO NOT apply ice pack directly to skin.
- NO cleansers or products with acids, PEG's, high alcohol content, botanicals, or a multiple ingredient menu. The more ingredients on the label the harder it will be to extrapolate what caused a reaction post treatment.
- NO direct contact with pets, unclean surfaces or touching treatment areas during healing/sloughing process. Clean towels, pillowcases and surface area touching treatment zones are a must.