



PRE AND POST TREATMENT INSTRUCTIONS

FACIALS, PEELS, MICRODERMABRASION, DERMAPLANING

PRE-TREATMENT

- ❖ When booking your Facial/Peel/Microdermabrasion/Dermaplaning (Facial) treatment, please keep in mind the possibility of redness, swelling, blotchiness, darkening of spots, flaking, and peeling after the treatment. These normal side effects can appear immediately and develop over the 1-2 days that follow the treatment. It can take anywhere from 2-14 days for these side effects to resolve for the face and up to 3 weeks for the neck and chest.
- ❖ Avoid direct sun and all forms of tanning (including self-tanner or spray tans) on the treatment area for 2 weeks before and after your Facial treatment. This is very important. Please plan accordingly.
- ❖ Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- ❖ It is important to wait at least 2-4 weeks after a Facial treatment and until any redness, swelling and/or peeling have completely resolved before getting other treatments on the same area. When getting a Facial treatment *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of treatment. Exception to this rule is the WiQo PRX-T33 treatment which is often performed at 1 week intervals.
- ❖ Anticipate seeing some results right away and complete results 2-4 weeks after treatment. Multiple treatments are often required to achieve desired results.

TREATMENT DAY

- ❖ Please come to your appointment with clean skin – remove all makeup, creams and lotions.
- ❖ Please dress so that you may comfortably and modestly expose the treatment area, when applicable (i.e. neck, chest).

POST TREATMENT

- ❖ For Peels Only: 1-2 days after treatment, your skin may feel tight and/or rough like sandpaper and pigmented spots may get darker. Usually by day 3, the skin will start to flake and peel and continue peeling for up to 1 week. Depending on the strength of the peel and the amount of dead skin present, some individuals will peel a lot and some will not peel at all. Peeling is not the goal, it is merely a possible side effect.
- ❖ Please keep the skin clean and avoid makeup on the treated area for the rest of the day following treatment. Tinted sunblock may safely be used starting the day after treatment. Clean makeup (using clean makeup tools) may be applied the next day unless the skin is peeling or any open skin or scabs are present.
- ❖ Your skin may be fragile for up to 1 week. Avoid using exfoliants, retinols, alpha or beta hydroxy acids, or topical Vitamin C products for one week, unless otherwise advised by your provider. Do not use any mechanical devices or washcloths to wash your face. Only wash your face with your hands. Treated areas may be temperature sensitive. Cool water instead of warm/hot will offer some relief.

- ❖ The products below should be used for the first 2 weeks after your treatment. If any of the products cause irritation or burning when applied, wait 1-2 days until the skin is less sensitive and try again.
 - iS Clinical Cleansing Complex
 - iS Clinical Eclipse 50 SPF
 - WiQo only: Smoothing Serum and Moisturizer Provided
- ❖ Avoid direct sun exposure for at least 2 weeks post treatment and wear a large-brimmed hat and minimum 50 SPF whenever going outside for at least 2 weeks. This is important to ensure proper healing and to minimize chances of scarring. To protect your investment and the health and beauty of your skin for the long term after your treatment series is complete, keep your skin out of direct sun as much as possible forever after your treatment!
- ❖ No strenuous exercise for 48 hours post treatment. For 1 week, avoid exposing the treated skin to hot water, steam/steam rooms, chlorinated pools, the ocean, hot tubs, saunas, and any activities that expose the skin to potentially unclean environments and/or produce excessive perspiration.
- ❖ Please schedule your follow-up appointment 90 days after your final treatment to assess results and determine whether additional treatments are needed.

If you have any questions or concerns, please do not hesitate to contact our office at
727.518.7100

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