

## Before and After Skin Rejuvenation & Tightening Treatments

### **Before Your Appointment -- DO:**

1. Remove any lotion, sunscreen, deodorant, makeup, or spray-on tan (comes off with mixing 50/50 head and shoulders shampoo and water or an alcohol wipe) on the skin to be treated.
2. Identify for us any tattoos near the treatment areas so we can avoid treatment near them.
3. Patients with a history of “cold sores” (herpes outbreaks) in the area to be treated should take their usual preventive anti-viral medication for 3 days, starting 24 hours before their appointment.
4. Numbing cream is usually never needed for our rejuvenation treatments. If you have a history of sensitivity, or preferences, let us know.
5. Let us know if you are allergic to the ultrasound gel, which is used for several of our devices.
6. If you have hair in the area to be treated, shave the area within 24 hours; it is important to remove all hair stubble for the best results.
7. Dress comfortably to easily expose the area to be treated or ask for a gown to change into.

### **Avoid before your treatment -- NO:**

1. Sun burned or tanned skin in the area to be treated, or wait a month. Also wait if planning prolonged sun exposure afterwards.
2. Photo-sensitizing medications and supplements like Doxycycline, Minocycline or St John’s Wort for 3 days before treatment.
3. Alcohol before a treatment (dehydrates you)
4. Facial skin peels or collagen injections for 2 weeks prior to laser hair removal of the face.
5. Medications like Retin-A, self-tanner or artificial tanning for two days prior to treatment.
6. Accutane (Isotretinoin – Roaccutane) for at least 6 months prior to treatment.

### **After Treatment Instructions:**

1. There is no downtime; you may apply makeup immediately. Continue your usual skin care regiment, but avoid abrasive scrubbing or excessive heat for 3 days. Gentle cleansing of the skin and the application of a non-irritating emollient to maintain skin moisture (your usual, Aloe vera, or Aquaphor Healing Ointment) twice daily is recommended.
2. Skip any loofah or electric scrub brush (Clarisonic), peels, bleaching products or retinoids for a week.
3. Remember to avoid the sun, tanning beds, and tanning lotions.
4. Avoid the sun and use sunblock (SPF 45 recommended) after treatment. Diligent protection from sun exposure and application of sunscreen for a week after treatment is advised.
5. You may notice a light exfoliation of brownish pigment starting 24 hours after treatment. If this occurs, do not pick at your skin, let it naturally flake off like cinnamon or coffee grinds. Sun spots will look darker as they concentrate and move to the surface. You may even notice new spots that were deeper that come to the surface before they are extruded. Not everyone will notice this exfoliation after every treatment.
6. Patients with darker skin types may have persistent redness and may use a mild over-the-counter 1% Hydrocortisone cream 2 to 4x/day topically for a few days.
7. You may feel some skin tightness after treatment. Continue to stay hydrated and drink at least 6 cups of water daily. Treatments are performed as a series of 5, spaced 4 weeks apart. Maintenance treatments are every one to 6 months, on an individual basis.
8. Side effects after our treatments is very uncommon, so please call & text our team cell numbers and Dr Yee’s cell #415-699-3788 if there are any concerns.
9. Schedule your next appointment to return within 2 to 4 weeks (depending on your treatment).