

Pre-Treatment Instructions

- Avoid sun exposure, tanning, and self-tanners for at least 2 weeks prior
 - Discontinue retinoids, exfoliants, and active skincare 3–5 days prior
 - Avoid heat-based treatments or aggressive facials for 1 week prior
 - Skin must be clean and free of makeup, lotions, or SPF on the day of treatment
 - Stay well hydrated
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Post-Treatment Instructions

- Mild redness or warmth is normal and typically resolves within a few hours
 - Apply a gentle, soothing product such as aloe or Neova Cu3 Recovery Lotion
 - Avoid heat (hot showers, saunas, workouts) for 24–48 hours
 - Avoid sun exposure and wear SPF daily
 - Avoid exfoliating or active skincare for 3–5 days
 - Avoid any activity that may introduce bacteria into the area.
 - Keep skincare simple and gentle while the skin recovers. Pat skin dry, do not rub.
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What to Expect

- Mild redness or warmth immediately after treatment
- Skin may appear more even and calm within a few days
- Results are progressive and improve gradually with a series of treatments
- Helps reduce redness, flushing, and overall skin reactivity over time
- Maintenance treatments may be recommended

Instructions are tailored to each treatment and should be followed carefully to ensure the best possible outcome.

For any questions please do not hesitate to call or text: (561) 255-0272