

## SkinFit Pre and Post Treatment Instructions

### Two weeks prior to treatment:

- If you have a history of cold sores, let your provider know. Your provider may suggest an anti-viral medication prior to treatment.
- Avoid the following types of hair removal from the area you plan on having treated:
  - electrolysis
  - waxing
  - depilatory creams
  - laser hair removal
- Wait at least 2 weeks from other cosmetic treatments. This includes neurotoxins (Botox, Dysport), fillers (Juvederm, Restylane, Sculptra), lasers, Scarlet, Ultherapy, Microneedling, etc. Any skin sensitivity should be resolved before receiving additional skin treatments in the same area.
- Avoid excessive sun exposure, tanning booths and any type of self-tanners.

### Three days prior to treatment:

- Discontinue the use of Retin-A, Renova, Differin and Tazorac.
- Discontinue use of any products containing retinol, alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA) or benzoyl peroxide.
- Discontinue any exfoliating products that may be drying or irritating.

### Following your treatment:

- Depending on your treatment(s) you may experience skin flaking/peeling.
- Do not pick, rub, or exfoliate your skin.
- Not all patients experience flaking/peeling skin. Peeling skin is NOT an indication that the treatment was successful. Your skin has been stimulated and is producing new collagen for the improvement of skin tone and texture, fine lines and irregular pigment.
- You may experience an acne episode. This is a normal reaction and signifies that your pores are purging impurities.
- Avoid sun exposure for at least 2 weeks post treatment.
- Wear a mineral based (physical block) SPF of 30 or higher on a daily basis.
- Strictly follow your recommended home care regime for optimal results.
- Should any adverse reactions or complications occur, call the office immediately.

Please call our office at if you have any questions or concerns.