



# MEDICAL AESTHETICS

— BY DONNA —

## FACE AND BODY REJUVENATION

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### Sylfirm X Pre-procedure Instructions

- Avoid prolonged sun exposure prior to the procedure. Wear SPF 30+ daily.
- Avoid retinoids, beta hydroxyl acids (BHA) topical antibiotics, exfoliants, hydroquinone, sunburn, vitamin A, and benzoyl peroxide 7 days prior to procedure.
- Avoidance of Accutane for the previous 6 months, as accutane use may impair proper wound healing.
- Avoid IPL/Laser procedures or other energy device procedures for 7 days prior.
- Avoid spray or self-tanning lotions on treatment areas for 7 days prior.
- Avoid depilatory products, electrolysis, waxing in area to be treated within 7 days.
- Avoid botox or filler products 2 weeks prior to procedure.
- Avoid Ginko Biloba, vitamin E, fish oils, antihistamines, anti-inflammatory drugs 7 days prior.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment.
- If you are prone to herpes simplex outbreaks, such as cold sores, you should take antiviral medication prior to procedure. Consult your provider or call if you need a new prescription.
- If you are on autoimmune therapy, ask your provider if the procedure is appropriate for you.
- IF MEDICAL CONDITION ALLOWS, avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) for one week prior.
- Arrive to your appointment with clean skin. There should be no lotions, makeup, perfume, powder, bath or shower oil present on the skin to be treated. You will be given the opportunity to remove your make-up in the event this was not possible.
- Do not shave the day of the procedure.
- Do not have treatment if you are pregnant or have active cold sores, herpes simplex, open skin lesions, active acne, sunburn, excessive dry or sensitive skin, dermatitis or inflammatory rosacea within the treatment area. See other contraindications prior to treatment.
- Call or text with any questions.

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