



BEFORE YOUR TREATMENT

- * Two weeks before your treatment begin using Alastin Regenerating Nectar twice a day to the treatment area(s). If you have been using Alastin Restorative Complex; stop using that during the time that you are using Alastin Regenerating Nectar.
- * Do not wear makeup on the day of treatment
- * Excess hair may need to be shaved in the treatment areas. Men should be cleanly shaved
- * No sun-tanning or self-tanners 4 weeks prior to treatment. This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- * Avoid skin irritants (examples below) a two days before and after treatment. Products containing Vitamin C(l-ascorbic acid), tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, scrubs & astringents, etc.
- * Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc)
- * Notify clinic with any changes to your health history or medications since your last appointment
- * Please notify us if you have a history of herpes or cold sores may require an anti-viral prescription prior to treatment

TWO WEEKS BEFORE YOUR TREATMENT

Cleanse twice a day

SkinMedica TNS Essential Serum twice a day

Alastin Nectar twice a day

SkinMedica Retinol 0.25 (stop using two days before your treatment) at bedtime only

Sunscreen - EVERY DAY