

• Pre Care

- One Month Before Treatment
 - Avoid sun exposure and tanning beds, lotions, and spray tans
 - Start Alastin A-luminate Serum (AM & PM) until day of treatment
 - Start Alastin Regenerating Skin Nectar (AM & PM) until day of treatment
- One Week Before Treatment
 - Discontinue skincare products such as Alpha Hydroxy Acids (AHA), Beta Hydroxy Acids (BHA), Retinol / Tretinoin (Vitamin A), Vitamin C, scrubs, facials, or anything perceived as “active” skincare
 - Avoid medications such as topical antibiotics (Neosporin), anti-inflammatory drugs (Ibuprofen, Motrin, Advil)
 - Avoid herbal supplements such as garlic, Vitamin E, Ginkgo Blob, St. Johns Wort, and Omega-3
- Three Days Before Treatment
 - Do not drink alcoholic beverages
 - If history of cold sores, start prophylactic anti-cold sore prescription (Valacyclovir / Valtrex)
 - Call the office if needing a prescription (954-463-5406)

• Day of Treatment

- Arrive with a clean and bare treatment area. No lotions, creams, makeup, or sunscreen. Clean shave for men
- Drink water and eat before your appointment
- Arrive _____ before your appointment time for numbing

• After Treatment

- Expectations
 - Expect redness, swelling, feeling of a sunburn for up to 3 days
 - Expect bruising, needle marks, crusting, itching, peeling, for up to 7 days; Weeks for body treatments
- First 24 hours
 - *Stop all topical products*
 - Only clean with a gentle cleanser twice a day
 - Avoid make up and avoid all skincare products
 - Avoid exercise, sweating, swimming, or hot water for 72 hours
 - Avoid sun exposure for at least 72 hours
- After 48 hours
 - Start Alastin Regenerating Skin Nectar (AM & PM) for 3 days
- After 72 hours
 - Can begin working out and swimming. Avoid hot yoga for 3 weeks
 - Physical sunscreen with zinc oxide SPF30+. Reapply every 2 hours
 - Can start applying makeup and shaving
- After 7 days
 - Can restart normal skincare regimen (AHA, BHA, retinols, etc)