



### **ALL FACIALS PRE/POST CARE INSTRUCTIONS**

#### **PRE-CARE**

**You should not receive a facial treatment sooner than 5 days after receiving BOTOX® Cosmetic, Xeomin® and Dysport®, chemical peels, or laser treatments such as (but not limited to) IPL, MicroNeedling, skin resurfacing, red vein removal, and/or tattoo removal.**

For best results, it is advised to avoid sun exposure (especially for those with hyperpigmentation concerns), avoid heat and excessive dryness (such as saunas), and the following products & procedures at least 7 days prior your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Refrain from waxing or electrolysis on the treated area for 7 days prior to treatment.
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medications.

#### **POST CARE**

It is rare to experience sensitivity, dehydration, itching, flaking, peeling, stinging, and mild redness post treatment. Applying a cold compress to the treated area can provide relief from any “wind burned” feeling following the treatment.

- Retinol and Retin-A products should be discontinued for 7 days post treatment.
- Refrain from waxing or electrolysis on the treated area for 5 days post treatment.
- Makeup may be applied 1 hour post treatment.
- Moisturizer should be non-irritating and can be applied at least twice a day for hydration.
- Avoid direct sun exposure and excessive heat. An SPF of at least 30 must be used daily.
- Do not tan via a tanning bed for at least two weeks post procedure. This practice should be discontinued due to increased risk of skin cancer, skin burns and irritations, and signs of aging.

**It is the responsibility of each guest to fully review the aforementioned Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).**