

PRE-TREATMENT PROTOCOL

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PLEASE REVIEW THE BEFORE-YOUR-TREATMENT INSTRUCTIONS CAREFULLY

PRE-TREATMENT INSTRUCTIONS FOR:

Microneedling | RF Microneedling | Injections

(Vivace)

(filler, neurotoxin, Hylenex, steroid, PRP/PRF)

ORAL MEDICATIONS:

Certain oral medications and supplements can “thin” the blood, increasing the risk for bruising. If possible, we advise you to **avoid the following medications 7-10 days prior to treatment with Microneedling, RF Microneedling (Vivace), and injections (filler, neurotoxin, Hylenex, steroid, PRP/PRF).** We understand that you may not be able to stop these medications; please let our office know if this is the case.

- **Prescription anticoagulant and anti-platelet medications:** Coumadin, Plavix, Lovenox, Eliquis, Savaysa, Xarelto, Arixtra, Persantin, Ticlid, Effient, Brilinta, Pradaxa
- Aspirin
- Fish Oil, Krill Oil, Omegas
- NSAIDS (Aleve, Advil, Motrin, Ibuprofen, Celebrex)
- **Certain antibiotics, acne medications, and heart medications may cause photosensitivity.** This can cause an unwanted reaction to lasers and other energy-based devices. Please let your technician, nurse, or physician know if you have started any new medications to avoid possible complications.
- Vitamin E
- St. John's Wort
- Garlic tablets
- Turmeric
- Alcohol

PRE-TREATMENT INSTRUCTIONS FOR:

Microneedling | RF Microneedling | Laser Treatments | Chemical Peels | RF Devices | Waxing

TOPICALS:

Certain topicals make the skin more sensitive to treatments with lasers, microneedling, chemical peels, RF devices, and waxing, resulting in more discomfort, inflammation, and possible adverse reactions and delayed healing. **We advise stopping the following topicals 7 days prior to treatment.**

- **Retinoids:** Retinol (present in many skin creams), Tretinoin (Retin A) Adapalene (Differin, EpiDuo, EpiDuo Forte), Tazarotene (Tazorac).
- **Topicals used in the treatment of psoriasis:** Etretinate (Tegison) and Acitretin (Soriatane, Neotigason).
- **Chemical exfoliants:** glycolic acid, salicylic acid, lactic acid, mandelic acid, AHAs, and BHAs.
- **Mechanical exfoliants:** including any scrubs and waxing.

AVOID SUN EXPOSURE and TANNING

For 2-4 weeks before any laser treatment, microneedling, or chemical peel. If the skin is tan, your treatment may be rescheduled.

Please notify your provider if you are pregnant or breastfeeding as this will affect what treatments can be done.



TREATMENT BOOSTERS AND ADVANCED SKIN RECOVERY PROGRAM

Designed to enhance treatment outcomes, support optimal healing, and promote long-term skin health before and after aesthetic procedures, our **Booster Program** is thoughtfully curated for patients undergoing **advanced aesthetic treatments**. It is ideal for patients receiving **NeoGen PSR treatments, Vivace RF microneedling, injectables, collagen-stimulating procedures such as the Helix treatment**, as well as anyone seeking to optimize skin health, rejuvenation, and overall treatment results.

RECOMMENDED TIMELINE

IDEAL: 1-2 months **before treatment** and continue for 1-2 months **after treatment** for optimal collagen support, healing and skin recovery.

Pre-Treatment

- HydraFacial™
- Skinade®
- Supportive Serum as recommended by staff
- At-Home red light – We recommend CurrentBody Skin™
- Daily care that includes Vitamin C and an SPF of 40 and above

Post-Treatment

- Skinade® plus Derma Defense A&D Booster
- Healite™
- Supportive Serum as recommended by staff
- Regular Check-Ins / Daily Photos / Post-Op Care Instructions

Healthy skin heals better, responds better and maintains results longer. Our **Booster Program** is designed to elevate your treatment experience and help you to achieve the healthiest, strongest skin possible.

*"The most exceptional outcomes are built long before the day of treatment –
and protected long after." – AESTHETICA TEAM*