

## RECOMMENDED PRE & POST CARE FOR JULIET AESTHETIC TREATMENTS

*For best results please follow these instructions*

### BEFORE YOUR TREATMENT:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, skin products that contain irritants such as Vitamin A, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

### AFTER YOUR TREATMENT:

- Over-the-counter pain medication or cool compress is recommended if you experience minor pain/discomfort post-treatment
- Regularly wash area with a non-irritating skin cleanser and apply a healing ointment (such as Aquafor) until treated area has fully healed
- Redness, swelling and crusting may occur and resolve with time
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Do not shave, wax or use depilatory creams in the treatment area for a few days
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
  - Avoid products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Multiple treatments are required
- Makeup can be applied \_\_\_\_\_ days post-treatment.
- Notify clinic of any concerns (blistering, excessive redness/swelling, itching, etc.)
- Additional instructions: \_\_\_\_\_

Clinic: \_\_\_\_\_

Contact at Clinic: \_\_\_\_\_

Clinic Phone Number: \_\_\_\_\_

Share your positive treatment experience by posting treatment reviews and before & after images on RealSelf @ <https://www.realself.com/review/write/>