



Sublative Pre and Post Instructions

Pre –Treatment Instructions

- No tanning or self-tanning on the skin, immediately after, or between treatments.
- Sunscreen is required when outside during daylight hours.
- Discontinue use of any irritant topical for 2-3 days prior to treatment.
- Arrive for treatment with clean skin.
 - Do not arrive with the following on the skin in the area to be treated
 - Lotion
 - Makeup
 - Perfume
 - Powder
 - Bath/Shower oils
- Shave any hair in the treatment area.

Post-Treatment Instructions

- Swelling of the skin, as well as heat or tingling sensations may occur up to a few hours after the treatment, but normally do not last longer.
- Tiny scabs of less than 1 mm diameter will usually form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched even if they itch. They should be allowed to shed off naturally.
- During the first two days following treatment, care should be taken to prevent trauma to the treated area. Avoid hot baths, massages, sauna, working out, etc.
- Keep skin clean to avoid contamination or infection.
- Moisturizer should be applied throughout the course of the treatment. Make-up may be applied only 12 hours after each treatment, if desired.
- Generally 24 hours after treatment, patients may use regular soaps, NOT exfoliates.
- Use sunscreen, at least SPF 30, and protect treatment area from sunlight for at least one month after treatment.
- Tanning of any sort (sun exposure, tanning beds, tanning lotions) is not allowed in the treated area during the entire course of the treatment. Tanning after treatment may cause hyperpigmentation.