

Aesthetic Health Suite

Care Instructions

Laser and Light Based Treatments

- Please avoid topical retinols, Hydroquinone, bleaching products, tanning beds, self-tanning creams and protect your skin while outside 2 weeks before and after your treatment.
- If you are prescribed antibiotics or changes in your health occur less than 2 weeks prior to your appointment, please let us know; if needed, we will gladly reschedule for the earliest treatment availability.
- Shave the areas to be treated for hair removal 1-2 days prior to your service.
- Refrain from waxing, tweezing and electrolysis for the duration of your hair removal treatments.
- Make sure the areas to be treated are clean, dry and without deodorant, cream or makeup for your appointment and for the first 24 hours after treatment.
- Common side-effects for both IPL hair removal and photo-facials include temporary redness or mild "sunburn" like effect that may last a few hours to 2-3 days, mild swelling, itching, temporary darkening or lightening of the skin.
- Bumps may occur as the hair follicle lifts and sheds from the shaft.
- Avoid picking or scratching the treated area.
- Protect all exposed areas throughout your treatment process using sunscreen with at least 30 SPF.

Chemical Peels

- If you regularly use topical retinols, AHA's, Hydroquinone, bleaching or tanning products please avoid their use 3 days prior to your appointment.
- Make sure the areas to be treated are clean, dry and without creams or makeup for your appointment and for the first 24 hours after treatment.
- Avoid picking, peeling or scratching the area.
- Common side-effects include temporary redness (erythema) or mild "sunburn" like effect that may last a few hour to 3-4 days, mild swelling, itching and temporary darkening or hyperpigmentation.
- Some peels are more noticeable than others and may appear as an overall dryness until the process it complete.
- Protect all exposed areas throughout your treatment using sunscreen with at least 30 SPF.

Vitamin Injection and Infusion Expectations

- Treatments and products are supportive to individual health and not intended to diagnose or replace clients' primary care physician.
- Feelings to expect at the injection site may include a pin-prick like sensation, swelling, bruising and/or itching.
- Temporary feelings experienced during certain vitamin, mineral, electrolyte, amino acids and hydration therapies may include an increase or decrease in heart rate, warm flushing sensation, itching, increase in urination and/or bowels movements. Know these feelings are short in duration while your body takes on its natural process.

Thank you for allowing me to provide your treatment.

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