



SUBLATIVE RF

PRE AND POST CARE

PRE-TREATMENT CARE

- Hydrate - Drink at least eight glasses of water per day to completely hydrate your skin.
- Self-Tanner- Stop self-tanner for four weeks prior to treatment.
- Skin Care- Stop exfoliating skin care products, such as retinols and glycolic acid, for one week before your treatment.
- Over the Counter Medications- Avoid aspirin, Motrin and Ibuprofen for one week prior to your treatment.
- Supplements- Avoid fish oil, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other supplements one week before treatment.
- Alcohol- Avoid alcohol for five days prior to treatment.
- Accutane- Inform your provider if you have taken Accutane (oral acne medication) in the past year.
- Please arrive for your appointment without make-up. Wear comfortable clothing with an open collar.
- Anticipate some social down-time following your treatment. About 3 days.

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



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POST-TREATMENT CARE

- DO NOT WASH YOUR FACE OR APPLY MAKEUP AFTER TREATMENT. Use only Avene spring water as needed for comfort.
- Immediately after treatment, most patients will experience redness, as well as heat or tingling sensations that may last up to several hours.
- Tiny scabs may form post treatment and may remain for a few days. Do not touch or scratch scabs; they will shed off naturally.
- If you feel post-treatment discomfort, you may apply cold compresses and/or use non-steroidal anti-inflammatory medication (Ibuprofen, Advil, Aleve).
- Sleeping with your head elevated (above the heart), for the first night, will help decrease any swelling you may experience.
- Use a gentle cleanser (ZO Skin Health Gentle Cleanser or Balancing Cleansing Emulsion), and no exfoliants or scrubs until fully healed. Avoid topical products such as retinols and glycolic acid products for one week after treatment.
- Apply Biopelle Tensage starting 12 hours after treatment (sold separately)
- Avoid direct sunlight on the treated area and use sunscreen SPF 30+ with zinc oxide for 4-6 weeks after treatment. We recommend the Colorescience Sunscreens, which are available for purchase in our practice. Lifetime daily sunblock use is always recommended.

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