

## Pre-Treatment Guidelines

- **HYDRATE**- Drink 64 ounces of water a day a week before your procedure.
- **SKINCARE** - Continue use of hydrating products and SPF daily. Please discontinue use of aggressive skincare products including topical exfoliants and retinols 1 week prior to your procedure.
- **Avoid** extensive sun exposure 4 weeks prior to procedure.
- If you have a history of cold sores, please alert your provider as pre-treatment may be necessary prior to procedure.
- **Clean and wash linens** (especially your pillow case) and technology that may touch your face with at least 70% alcohol prior and after procedure to reduce risk of infection.
- **Vinegar rinse and soak recipe:** 1 tsp distilled vinegar + 16 oz of distilled bottled water. This soak is vital for post care healing and recovery.
- **Additional purchases for post care:** Aquaphor, distilled bottled water, distilled vinegar, gentle face cleanser, SPF, and a gentle moisturizer such as pure hyaluronic acid.

