



## **Pelleve and PelleFirm Pre-Treatment Instructions**

Do not have this treatment if:

- You are pregnant or nursing.
- You are currently on Accutane. Treatment can be done 6 months post the patient's last treatment of Accutane – if the face is being treated.
- You have an active cold sore/ fever blister or skin infection.

For seven days prior to your treatment:

- Avoid sun exposure and sunless tanning. Sun burned or tanned skin will not be treated.
- All skin irritants must be stopped (glycolic/ salicylic acids, benzoyl peroxide, retinol products such as Retin A, Tazorac, Triluma, Differin, and Vitamin C) on the area being treated
- Advise staff when taking antibiotics. Certain antibiotics (Tetracycline, Doxycycline) can make a patient photosensitive, therefore, treatment may not be able to done until two weeks after completion of antibiotic.

One day before your treatment:

- Please let the staff know if you have a history of cold sores/fever blisters PRIOR to treatment, so an anti-viral medication can be prescribed. Treatment cannot be done if you have an active cold sore or skin infection and will be rescheduled.

The day of your treatment:

- Do not wear any make-up or moisturizers on the area being treated.



## **Pelleve and PelleFirm Post-Treatment Instructions**

- It is normal for the area treated to have redness and swelling. It is uncommon for a blister or bruise to develop. Should you develop a blister, a topical antibiotic ointment such as polysporin can be used twice daily until healed.
- An ice pack should be avoided to maximize treatment results. Pain medication post treatment is not necessary.
- Makeup can be applied immediately post treatment.
- Waxing, tweezing, and depilatory creams can be resumed 3 days post treatment.
- Avoid hot tubs, saunas, steam rooms and exercise post treatment. However, all other normal activity can be resumed.
- A non-exfoliant cleaner and light moisturizer can be used the day of treatment. You can resume normal skin care the next day.
- All skin irritants (glycolic/ salicylic acids, benzoyl peroxide, retinol products, or vitamin C) can be resumed 3 days post treatment.
- An SPF 30 or higher with Zinc Oxide will be applied immediately post treatment. Please continue apply sunblock daily to maximize your results and minimize irritation.
- Botox, Dysport, chemical peels, and dermal fillers can be resumed 1 week after your treatment.
- A post procedure skin care regimen will be suggested by our staff to maximize and prolong your treatments and minimize complication.

**I understand and will follow these post-treatment instructions.**

Patient's signature \_\_\_\_\_ Date \_\_\_\_\_