



## Thermo- Lo Pre and Post Treatment Information

### Pre Treatment Instructions and Precautions

- Avoid direct sun exposure, tanning beds, or self-tanners for 2-4 weeks before treatment. Use sunscreen SPF 50 or higher when going outside.
- Stop Retin A use 1 week prior to treatment(s)
- Avoid peels two weeks prior to treatments(s)

### Post Treatment Instructions and Precautions

- Immediately after the treatments, you may apply an ice pack and/or Aloe Vera, as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water or strenuous exercise. Try to keep the area dry.
- Avoid picking or scratching the treated skin to achieve your best results. If any crusting appears you can apply an antibiotic cream. Some physicians recommend Aloe Vera gel or some other after sunburn treatment. Follow instructions as specified by your aesthetic Thermo-Lo professional.
- Makeup may be used after the treatment site has quit swelling- unless there is epidermal bleeding. It is recommended to use new makeup or powered mineral makeup to reduce the possibility of infection.
- You may shower after the laser treatments in tepid water. If extensive work has been done, you may need to cover the area with Aquaphor or Vaseline before showering and lightly remove it after bathing. Skin should be patted dry and **NOT rubbed**. After a few days you may wash the treated area gently with a mild soap.
- You may experience redness and bruising from three to five days at the treatment.
- Avoid direct sun exposure, tanning beds, or self-tanners for 2-4 weeks and throughout the course of the treatment to reduce the chance of dark or light spots. Use sunscreen SPF 50 or higher at all times after the treatment when going outside. Avoiding sun exposure after the treatment is critical in reducing the risk of hyper and/or hypo-pigmentation.
- Avoid tweezing, waxing, bleaching and exfoliation treatments during the course of the treatment(s).
- Do not use any irritants such as Retin-A until the area has completely healed up.
- If work on the legs has been done, you can wear compression stockings for 24 hours and then during the day while on feet for up to two weeks.
- Call **Harmony Skin & Wellness Clinic (970)282-8266** with any questions or concerns you may have after the treatment.