

# SkinTyte Pre- and Post-Care Instructions

R+ Med Spa



## Pre-Treatment Recommendations:

- No direct sun exposure for at least two weeks prior to the treatment other than normal sun exposure. Do NOT intentionally tan or spend significant time in the sun without total sunblock, not sunscreen.
- Do not use self-tanners. Your skin should be as light as possible prior to the treatment.
- If using a hydroquinone product, do not use on the day of your treatment.

## Post-Treatment Recommendations:

- Your skin may appear red or blotchy in the treated area for 1-2 days. You may apply makeup as desired, preferably mineral makeup, if broken skin.
- You may use a cool water compress and aloe gel on the treated area if desired.
- Cleanse treated area gently with a mild cleanser. Do not spend any significant time in the sun without a total sun block. Use moisturizer and a broad spectrum UVA/UVB sunscreen of at least SPF 30 daily during treatments.
- If treating Rosacea, avoid alcohol, spicy foods, caffeine and exercise for one day after a procedure.
- No shaving over treated area as long as red or swollen.
- Quick, warm showers are recommended. Avoid prolonged hot baths.
- Discontinue use of Retin A, Renova and other alpha hydroxy acids throughout treatment.
- You may continue use of Vitamin C serums, retinol and other treatment products when skin condition returns to normal.

If you have excessive swelling contact the office immediately at 270.651.4772 during business hours. For an after hours emergency please contact your technician. For increased redness swelling or uncontrolled pain please visit an after hours medical provider.

Additional Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_