



BY REKI

Pre Care

You must be 18 years of age.
You can not be pregnant or breastfeeding.
You must not have an autoimmune disease.
You must be of sound mind and able to make rational decisions.

The following guidelines are to ensure your skin is in the best possible condition for your upcoming procedure.

Please read carefully:

3-4 weeks before your appointment:

DO NOT get the following treatment:

- Botox or other fillers
- Chemical Peels
- **Laser treatments**

7 days before your appointment:

- DO NOT be exposed to heavy sunlight, especially sunburn. Your skin should not be in the process of healing before procedure
- DO NOT pluck, wax, thread or receive any hair removal services. This can also trigger the skin healing process and should be avoided!
- DO NOT use Retinol / Retin-A or other anti aging/ acne creams
- DO NOT apply any serum containing acid

48 hours prior to your appointment:

- DO NOT take Aspirin, Niacin, Vitamin E and/or Ibuprofen, omega-3, unless medically necessary (Tylenol or Acetaminophen is okay!)
- For any Lip treatment, you must STOP USING Valtrex
- For any Lip treatment, keep lips moisturize at all times prior to appointment

24 hours prior to your appointment:

- DO NOT drink alcohol 24 hours before the procedure.
- DO NOT drink coffee or anything with caffeine before the procedure.