

RECOMMENDED PRE & POST CARE FOR SECRET PRO CO₂ OR CO₂ WITH RF MICONEEDLING TREATMENTS

For best results please follow these instructions

BEFORE YOUR TREATMENT:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants (examples below) a few days before and after treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

AFTER YOUR TREATMENT (CO₂):

- Do not wash your face for at least 6-8 hours post-treatment
- Wash and pat dry the skin gently twice day until the crusting naturally exfoliates/sloughs off
- Apply a mild/non-fragrant moisturizing cream to the treatment area twice a day for 2 weeks or until the area is fully healed
- A visible fine scab or crusting will develop 3 and 5 days after your treatment
 - Do not remove it forcibly or scratch it
- You may feel redness, dryness, swelling, and some pain for 2 to 3 days
- Apply sunblock every 3 to 4 hours for a minimum of 2 weeks to a month after your procedure to help prevent UV-induced pigmentation
- Do not wear a face masks until the fine scabbing/crusting has exfoliated or sloughed off (up to 5 days)
- Avoid skin irritants (examples below) for 7-10 days after treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Avoid sauna and aggressive exercises for 1-2 weeks
- Optional to keep your skin cool and moisturized by spraying with cold water during the healing process
- Stay hydrated and drink plenty of water
- Multiple treatments may be required
- Notify clinic of any concerns (blistering, excessive redness/swelling, persistent grid pattern, etc.)
- Consult with clinic about when to resume skin care regime
- Additional instructions: _____

Clinic: LIFE Aesthetic Center

Clinic Phone Number: 360.738.3223