



Skin Classic Pre & Post Instructions

Please review these Pre-Treatment Skin Classic Instructions. Failure to follow these instructions may impact the results of your treatment.

Pre-Treatment Instructions:

- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) 7 days before treatment.
- If you have a history of herpes or cold sores, we highly recommend a course of anti-viral medication pre and post-treatment. This will prevent an outbreak of cold sores if you are prone to them. Cold sores can also break out on people who are not prone to them, but who have sensitive skin. If you would like us to call in a prescription for you, please call our offices.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- Avoid tanning beds or unprotected sun exposure, or sunburn for at least 2 weeks before treatment. Always use a zinc oxide sunscreen with SPF 30+. Avoid self-tanning products 5-7 days before treatment.

Please arrive 30 minutes before your appointment to apply numbing cream. The numbing cream will be placed on the red table closest to the office door.

Post-Treatment Instructions:

After a treatment with the Skin Classic it is to common see and feel redness and irritation. Some crusting may form on areas involved.

- DO NOT pick at any area with crusting. Prematurely removing the crust may result in hyperpigmentation or scarring.
- Do not get the treated area(s) wet (showers are fine, but please DO NOT soak the treated area)
- DO NOT use any abrasive products or brushes on your face for 72 hours. Wash with a gentle cleanser and use only your fingertips. Do not use exfoliating face wash, loofah sponges or Clarisonic-type cleansing brushes. Pat dry instead of rubbing to prevent the removal of crust.
- Avoid excessively hot water during bathing, including hot tubs and saunas.
- Do not apply make-up to the treated area for 24 hours after treatment.
- Avoid direct sunlight immediately following treatment. Daily moisturizing sunblock SPF 30 or higher is recommended regardless of weather.
- Do not use any other form of exfoliating products or retinoids for a week following the treatment.
- Do not have any laser or ablative treatments on the treated area for at least 30 days.
- Do not have any aggressive facials or facial treatments including microdermabrasion or dermaplaning on treated areas for at least 30 days. It is ok to get treatments around treated areas, but please inform your esthetician that you had a high-frequency treatment beforehand, and where it was performed.
- After crust sloughs the skin may be pink and tender. Continue to use SPF 30 on the treated area until the skin has returned to normal color.

Crusts will take roughly 5-7/10-14 days to slough off, depending on YOU. Everyone's skin heals differently, and some may take longer than others. It also depends on what area of the body was treated. Broken capillaries can be raised for a few days and look similar to cat scratches. This is normal and nothing to worry about.

If you have any questions regarding your treatment, please call our office at (530)559-8558. Thank you!