

## **COMPLIANCE PRIOR TO THERMAL COAGULATION TREATMENT**

1. Report all skin diseases, rashes, viruses, infections, cold sores, eczema or allergies – especially to nickel. If the skin is red, irritated or sunburned, the treatment must be rescheduled.
2. Discontinue use of Retinoic Acid products two (2) weeks prior to treatment.
3. Do not exfoliate your skin with glycolic acid, AHA or use products containing alcohol, benzyl peroxide, scrubs, vitamin C or A or any other skin irritants for one (1) week prior to treatment.
4. Avoid laser, IPL, microdermabrasion or peels for two (2) week prior to treatment.
5. If you are planning to have Botox or fillers injected into your face, wait at least two (2) weeks before getting the treatment.
6. Avoid strenuous exercise the day of the treatment.
7. You may take Tylenol and an anti-histamine 30 minutes prior to your treatment to minimize discomfort and swelling.

## **COMPLIANCE AFTER THERMAL COAGULATION TREATMENT**

1. After treatment, you may experience mild to moderate swelling, redness, tingling or stinging of the skin along with minor scratch like marks that will turn into thin, localized micro-scabbing. A “cold pack” may be placed over the area to reduce redness or any swelling for the first 2-3 days. Discomfort is usually minimal but Tylenol can be taken if required. Take anti-histamine for the first 2-3 days post treatment to help reduce the swelling. Symptoms will generally settle within 5-14 days post treatment.
2. If crust or micro-scabs occur avoid touching, rubbing, peeling or picking of the skin as this may cause hyper/hypo-pigmentation or micro-scarring.
3. For 2-3 days post treatment, try to sleep with your head elevated to help reduce the swelling.
4. Always wash your hands prior to touching the treatment area to avoid the possibility of infection.
5. For at least one (1) week post skin rejuvenation treatment, do not exfoliate your skin with glycolic acid, AHA or use products containing alcohol, benzyl peroxide, scrubs, vitamin C or A or any other skin irritants.
6. Cleanse your skin with mild milk cleanser and gently apply pure Aloe Vera gel, antibiotic ointment or skin barrier emulsion to the treated area twice daily until skin is healed and dry. Pat dry skin cleansing your skin or showering. Wear SPF 30 every day after your treatment.
7. Do not wear make-up for 3 days post treatment.
8. Avoid strenuous exercise for three (3) days following clinical treatment.

**Failure to comply with these instructions may result in adverse skin reaction after Thermal Coagulation treatment. Possible side effects resulting from lack of compliance are as follows: infection, hyper-pigmentation, hypo-pigmentation or micro-scarring.**

If you have any questions or concerns please do not hesitate to call us at 289.775.5639  
or e-mail sylvia@bionomespa.com