



## **Dermafilng Pre & Post Treatment Guidelines**

### **PRE-TREATMENT GUIDELINES**

- Avoid retinol/tretinoin products for 3 days prior to treatment.
- Avoid waxing for 72 hours prior to treatment.
- Inform us if you have had any laser treatments, chemical peels, microneedling etc., in the last 14 days.
- Inform us if you are prone to cold sores. You may be given a prescription for Valtrex (antiviral) to be taken prior to treatment.

### **DAY OF YOUR TREATMENT**

- Please arrive without creams, oils, serums, makeup, or sunscreen on the treatment area.
- Pre-treatment photos will be taken if not already taken during your consultation.

### **WHAT TO EXPECT**

- Skin will be cleansed to remove oils and bacteria before starting treatment. Skin will be patted dry with a fresh towel. Dermafile will be used to gently smooth away dead skin cells and rough, bumpy, dry patches of skin. Once treatment is completed, skin will be cleansed again with a gentle cleanser and appropriate moisturizers and/or serums and SPF will be applied.

### **POST-TREATMENT GUIDELINES**

- Use gentle cleanser for 24 hours.
- Avoid any chemical or physical exfoliators for 7 days after treatment.
- Avoid waxing treated area for 7 days after treatment.
- Avoid unprotected sun exposure and tanning beds, as well as self-tanning products for at least 7 days. Always use daily sunscreen with a minimum of SPF 30.
- If mild breakouts and or/micro-flaking occur, avoid picking and scratching.
- Please call aFresh Med Spa and Plastic Surgery with any questions or concerns.