



Venus Viva Pre & Post Treatment Guidelines

PRE-TREATMENT GUIDELINES

- Avoid unprotected sun exposure; this includes tanning beds 14 days prior to treatment.
- Avoid all sunless tanning products for 7 days prior to treatment.
- Avoid retinol/tretinoin and hydroquinone products for 7 days prior to treatment.
- Inform us if you are currently taking Accutane or have taken Accutane within the past 6 months.
- Avoid other laser treatments and chemical peels on treatment area for 14 days prior to scheduled appointment.
- 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 day of treatment without creams, lotions or make up on treated area.
- Pre-treatment photos will be taken if not already taken during your consultation.
- A topical numbing crème will be applied for 20-25 minutes prior to treatment.

WHAT TO EXPECT

- Immediately after the treatment, it is normal for the treated area to feel like a moderate sunburn. Skin may feel warm and tighter than usual. Redness and swelling may last for 3-4 days.

POST-TREATMENT GUIDELINES

- Use a gentle cleanser with lukewarm water to cleanse the face and gently pat dry the treated skin until it heals (about 2-3 days). Always make sure that your hands are clean when touching the treated area.
- Use a gentle moisturizer or healing ointment on the treatment area until skin heals.
- You may resume your regular skin care regimen once skin has fully healed.
- Avoid retinol/tretinoin and hydroquinone products for 7 days post treatment.
- Avoid sun exposure and always use sunscreen with SPF 30 or higher.
- Avoid any additional laser treatments or chemical peels on the treated area 14 days post treatment
- A minimum of 4-6 weeks is required in between treatments.
- Please call aFresh Med Spa and Plastic Surgery (847)-786-5200 with any questions or concerns.