

General Statement.....	3
Important Notes.....	3
Accessibility of Guidelines.....	3
Aquagold.....	4
BBL.....	4
Chemical Peels.....	6
Dermal Filler.....	6
Facials - Aesthetic.....	7
Facials -Medical.....	8
Fat Dissolving (Kybella).....	16
Filler Dissolving.....	16
Hair Restoration with PRP.....	17
Hair Restoration with Exosomes.....	17
IV Therapy.....	18
Dermaplaning.....	18
Dermal Filler.....	18
Dermal Filler Follow-Up Treatment.....	19
Diamond Glow.....	20
Hydrafacial.....	20
Laser Hair Removal.....	21
Post-Treatment Care.....	21
LED Treatment.....	21
Microneedling.....	22
Microneedling WITH PRP.....	22
Moxi.....	23
Wrinkle Relaxer Treatment.....	24
Wrinkle Relaxer Treatment – Training Promo.....	24
Wrinkle Relaxer Follow-Up Treatment.....	25
RF Microneedling.....	25
Sculptra.....	26

## GENERAL STATEMENT

At **Bel Angé** your safety, comfort, and results are our top priorities. To help minimize the risk of side effects and ensure the best possible outcome, please carefully review the following guidelines and discuss any questions with your healthcare provider.

Every client is unique, and treatment results may vary depending on factors such as age, skin and tissue condition, overall health, lifestyle habits, and sun exposure. Completing your medical history thoroughly and keeping open communication with your provider will help us create the safest and most effective treatment plan for you.

Please follow all pre- and post-treatment instructions provided based on your treatment. If you have questions about your care plan, we encourage you to reach out before your appointment. After treatment, if you experience any symptoms that concern you, please contact us immediately. For emergencies or life-threatening issues, call 911 immediately, then follow up with our team for further updates.

## IMPORTANT NOTES

- Certain treatments may not be suitable if you are pregnant, breastfeeding, or have open sores in the treatment area.
- To achieve optimal results, all services should be scheduled at least two weeks before a major event.
- Avoid sun exposure and spray tanning for four weeks before and after treatment (depending on which treatments you're having done).
- If you are receiving dermal fillers, please avoid dental procedures for four weeks following treatment.
- Refrain from consuming alcohol prior to your appointment if recommended by your provider.
- Arrive 10-15 minutes early to allow time for check-in.
- For the safety and comfort of all clients, please do not bring pets or children into the treatment area.
- If you are feeling unwell, kindly call to reschedule your appointment.
- Please inform us at least 48 hours in advance if you have a rash, sunburn or cold sore in the treatment area.

## ACCESSIBILITY OF GUIDELINES

These pre- and post-care instructions are included in:

- Treatment Consent Forms
- Appointment notifications (booking, confirmation, completion via SMS/email)
- Our website policies and social media platforms

## AQUAGOLD

### PRE-TREATMENT CARE

- Avoid retinoids (Retin-A, tretinoin, adapalene)
- Stop exfoliating acids (AHA, BHA, glycolic, salicylic)
- Avoid chemical peels, lasers, waxing, microneedling.
- Minimize sun exposure and tanning.
- Come with clean skin without makeup.

### POST-TREATMENT CARE

- Redness or slight swelling may last a few hours - this is normal.
- Avoid excessive heat and sun exposure for 24 hours; apply sunscreen diligently.
- Do not apply anything to your skin (including makeup) for at least 6 hours.
- Use a gentle cleanser only; avoid exfoliants for 3–5 days.
- Dewy, glowing skin may appear immediately; best results develop in 3–5 days and last about 1 month.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## BBL

### PRE-TREATMENT CARE

- Avoid sun exposure for 2 weeks before treatment. If outdoors, wear SPF 30+ and protective clothing.
- Stop retinoids, Retin-A, glycolic/salicylic acids, and exfoliants 7 days before. Avoid chemical peels or waxing in the treatment area for 1 week.
- Avoid aspirin, ibuprofen, fish oil, vitamin E, NSAIDs, and alcohol for 7 days prior to procedure (unless prescribed by your doctor).
- Avoid tanning beds, sunbathing, or self-tanners for 2 weeks prior to procedure.

- Shave 12-24 hours before your appointment if facial or body hair is present in the treatment area. Do not wax, tweeze, or use depilatory creams.
- Arrive with clean skin on the day of treatment without makeup.

## POST-TREATMENT CARE

- Redness and swelling are normal for a few days and will resolve on its own. You may apply cold compresses if needed.
- Cleanse with a mild cleanser and lukewarm water; avoid scrubbing or exfoliation for at least two weeks.
- Keep skin moisturized with a gentle, non-irritating moisturizer.
- Apply SPF 30+ daily, reapplying every 2 hours outdoors. Avoid direct sun for at least 2 weeks.
- Do not use retinoids, AHAs, BHAs, or exfoliants for 5–7 days or until fully healed.
- Pigmented spots may darken and flake off naturally in 7–14 days. Do not pick or peel them off yourself.
- Avoid hot showers, saunas, steam rooms, and intense exercise for 48 hours.
- Drink plenty of water to support healing and continue daily sunscreen use.
- Treatments are often spaced 4–6 weeks apart. Follow your provider's recommendations.

## BBL SPOT TREATMENT

### PRE-TREATMENT CARE

- Avoid sun exposure for 2 weeks before treatment. If outdoors, wear SPF 30+ and protective clothing.
- Stop retinoids, Retin-A, glycolic/salicylic acids, and exfoliants 7 days before. Avoid chemical peels or waxing in the treatment area for 1 week.
- Avoid aspirin, ibuprofen, fish oil, vitamin E, NSAIDs, and alcohol for 7 days prior to procedure (unless prescribed by your doctor).
- Avoid tanning beds, sunbathing, or self-tanners for 2 weeks prior to procedure.
- Shave 12-24 hours before your appointment if facial or body hair is present in the treatment area. Do not wax, tweeze, or use depilatory creams.
- Arrive with clean skin on the day of treatment without makeup.

## POST-TREATMENT CARE

- Redness and swelling are normal for a few days and will resolve on its own. You may apply cold compresses if needed.
- Cleanse with a mild cleanser and lukewarm water; avoid scrubbing or exfoliation for at least two weeks.
- Keep skin moisturized with a gentle, non-irritating moisturizer.
- Apply SPF 30+ daily, reapplying every 2 hours outdoors. Avoid direct sun for at least 2 weeks.
- Do not use retinoids, AHAs, BHAs, or exfoliants for 5–7 days or until fully healed.
- Pigmented spots may darken and flake off naturally in 7–14 days. Do not pick or peel them off yourself.
- Avoid hot showers, saunas, steam rooms, and intense exercise for 48 hours.
- Drink plenty of water to support healing and continue daily sunscreen use.
- Treatments are often spaced 4–6 weeks apart. Follow your provider's recommendations.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## CHEMICAL PEELS

### PRE-TREATMENT CARE

- Discontinue retinols and retinoids (such as Tretinoin, Retin-A, Differin) at least 5-7 days prior to treatment.
- Stop the use of scrubs, AHA/BHA acids, and benzoyl peroxide 3 days prior.
- Avoid facial waxing for 2 weeks prior.
- Limit sun exposure for at least 2 weeks prior.
- If prone to cold sores, please inform your provider prior to procedure.
- Arrive with clean skin on the day of treatment without makeup.

### POST-TREATMENT CARE

- Redness, flaking, and light peeling are normal for several days.
- Do not pick or pull at peeling skin.
- Refrain from heat, sun, and self-tanning exposure for 2 weeks after procedure.
- Avoid harsh skincare products, including Retin-A, acids, and scrubs, for 5–7 days after procedure.
- Use a gentle cleanser and moisturizer, and apply a broad-spectrum of at least SPF 30+ daily.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## DERMAL FILLER

### PRE-TREATMENT CARE

- Avoid anti-inflammatory or blood-thinning medications and supplements (such as aspirin, ibuprofen, fish oil, vitamin E) for 2 weeks prior to filler appointment.
- Avoid alcohol for 7-10 days prior to filler appointment.
- Avoid dental work for 2 weeks before 2 weeks after treatment.
- Schedule your appointment at least 2-4 weeks before any major event.

### DERMAL FILLER POST-TREATMENT CARE

- Redness, swelling, bruising, and tenderness are common and may last up to 7 days. These side effects will resolve with time.
- Avoid touching or massaging the treated area for at least 6 hours.
- Do not exercise, consume alcohol, or expose the area to excess sun or heat for 24 hours.
- Refrain from dental procedures for 2 weeks post-treatment.
- A follow-up appointment is recommended in 2 weeks.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## FACIALS - AESTHETIC

### PRE-TREATMENT CARE

- Results vary depending on your skin and the specific treatment; consult your provider for expected downtime and planning.
- Avoid tanning, spray tans, or sun exposure for 2 weeks before and after treatment.
- Do not wax for 2 weeks before and after treatment.
- Avoid Retin-A, retinoids, vitamin A compounds, harsh scrubs, exfoliants, and bleaching creams for 2 weeks before and after treatment.
- Avoid scheduling swimming, using a hot tub, or sauna post-treatment.

### POST-TREATMENT CARE

- Avoid tanning, spray tans, and sun exposure for 4 weeks.
- Do not wax for 2 weeks after treatment.
- Avoid vigorous exercise, hot tubs, saunas, and steam rooms for 3–4 days after peels or treatments that increase skin sensitivity.
- Do not use Retin-A, retinoids, vitamin A compounds, harsh scrubs, exfoliants, or bleaching creams for 2 weeks.
- Check with your provider before swimming, using hot tubs, or saunas after treatment.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## FACIALS -MEDICAL

### PRE-TREATMENT CARE

- Avoid tanning, spray tans, and direct sun exposure for 2 weeks before treatment.
- Do not wax the treatment area for 1–2 weeks prior.
- Neurotoxin should be done 1 week prior; fillers 2 weeks prior.
- Stop using Retin-A, retinoids, scrubs, or bleaching creams for 7 days before your facial.
- Avoid scheduling important public events immediately after, as redness, tightness, or sensitivity may occur for up to 72 hours.
- Arrive with clean skin, free of makeup and heavy creams.

### POST-TREATMENT CARE

- Results are often visible immediately and may last 1–4 weeks.
- Makeup can be applied after treatment, though waiting a few hours is recommended for best results.
- Avoid acids, Retin-A, and harsh exfoliants for 72 hours after treatment.
- Apply SPF daily and minimize sun exposure.
- Avoid aggressive exfoliation and waxing for 5–7 days post-treatment.
- Keep the skin hydrated with nourishing moisturizers.
- Support results by staying hydrated, eating a balanced diet, and scheduling regular treatments.
- Follow your provider's recommendations for ongoing skincare and aftercare.

# FACIAL: CLARITY COMPLEXION TREATMENT

*(HydraFacial for Acne + Light Peel + LED Therapy)*

## PRE-TREATMENT CARE

- Avoid retinoids, benzoyl peroxide, glycolic acid, salicylic acid, scrubs, and exfoliating devices for 3–5 days before treatment.
- Discontinue self-tanner, waxing, or any strong facial treatments for 1 week prior.
- Avoid facial injectables 2 weeks before your facial
- Avoid direct sun exposure and tanning for at least 1 week before your appointment.
- If you are actively using acne medications (tretinoin, adapalene, tazarotene, oral antibiotics, etc.), inform your provider for appropriate timing and adjustments.
- Arrive with clean, makeup-free skin.
- Stay hydrated the day before and day of your treatment for optimal results.

## POST-TREATMENT CARE

- Expect mild redness or tightness immediately after. This usually resolves within a few hours.
- Do not pick or squeeze any blemishes; allow extractions and peel byproducts to clear naturally.
- Avoid makeup for 12–24 hours or until any redness has calmed.
- Avoid heat, sweating, exercise, hot yoga, saunas, and steam for 24 hours.
- Avoid strong active skincare (retinoids, AHA/BHA acids, benzoyl peroxide, scrubs) for 3–5 days post-treatment.
- Use only gentle cleanser, hydrating moisturizer, and broad-spectrum SPF during the healing period.
- If light flaking occurs from the peel, do not pick or exfoliate. Allow your skin to shed naturally.
- LED benefits continue after your session; consistent sun protection will enhance results.
- Avoid direct sun exposure for 2 weeks and apply SPF daily.



# FACIAL: DIAMOND REFINE TREATMENT

*(DiamondGlow Facial + Dermaplaning + LED Therapy)*

## PRE-TREATMENT CARE

- Avoid retinoids, glycolic acid, salicylic acid, benzoyl peroxide, scrubs, and exfoliating scrubs for 3–5 days before treatment.
- Discontinue waxing, depilatories, or strong exfoliating treatments on the face for 1 week prior.
- Avoid facial injectables 2 weeks before your facial
- Avoid self-tanner, tanning beds, and direct sun exposure for at least 1 week before your appointment.
- If you are using acne medications (topical or oral), notify your provider to ensure safe timing with treatment.
- Arrive with clean, makeup-free skin.
- Stay well-hydrated in the days leading up to your appointment for optimal glow.

## POST-TREATMENT CARE

- Mild redness, tightness, or slight sensitivity is normal immediately after treatment and typically resolves within a few hours.
- Avoid makeup for 12–24 hours, or until any visible redness subsides.
- Avoid heat, sweating, exercise, hot yoga, saunas, and steam rooms for 24 hours.
- Avoid active skincare (retinoids, AHA/BHA acids, benzoyl peroxide, vitamin C serums, scrubs) for 3–5 days post-treatment.
- for the first 48 hours.
- If you experience mild flaking from dermaplaning or exfoliation, do not pick or use abrasive scrubs. Allow your skin to shed naturally.
- LED therapy helps reduce inflammation and boost healing; continue to protect your skin with daily SPF.
- Avoid direct sun exposure for 2 weeks and maintain consistent sunscreen use to preserve results.
- Skin will feel smoother, brighter, and more refined over the next several days.

## FACIAL: LIFTED LUXE TREATMENT

*(DiamondGlow Facial + AquaGold Microinfusions + Lymphatic Massage + LED Therapy)*

### PRE-TREATMENT CARE

- Avoid retinoids, glycolic acid, salicylic acid, benzoyl peroxide, scrubs, and exfoliating devices for 3–5 days before your treatment.
- Discontinue waxing, depilatories, or other facial treatments for 1 week prior.
- Avoid facial injectables 2 weeks before your facial
- Avoid self-tanner, tanning beds, and direct sun exposure for at least 1 week before your appointment.
- Arrive with clean, makeup-free skin.
- If you are taking blood-thinning medications or have a history of cold sores, please notify your provider. Preventative medication may be recommended.
- Stay well-hydrated leading up to your appointment to support skin healing and infusion absorption.

### POST-TREATMENT CARE

- Expect mild redness, tenderness, or tiny bumps at microinjection sites; this usually resolves within 12–24 hours.
- Avoid makeup for 12–24 hours, or until redness has calmed.
- Do not pick, scratch, or rub treated areas.
- Avoid vigorous exercise, sweating, hot showers, saunas/steam rooms, and alcohol for 24 hours.
- Use only a gentle cleanser, hydrating moisturizer, and broad-spectrum SPF during the healing period.
- Avoid active skincare (retinoids, AHA/BHA acids, benzoyl peroxide, vitamin C serums, scrubs) for 3–5 days post-treatment.
- LED therapy helps reduce inflammation and promote healing; continue to protect your skin from sun exposure to optimize results.
- Mild lymphatic massage swelling may occur, which is normal and will resolve quickly.
- Skin will feel hydrated, lifted, and radiant, with results improving over the next several days as the AquaGold microinfusions are absorbed.
- Results peak at 3–5 days and last for one month.

## FACIAL: RENEWAL RITUAL TREATMENT

*(HydraFacial + Dermaplaning + Vitamin Serum + Lymphatic Massage)*

### PRE-TREATMENT CARE

- Avoid retinoids, glycolic acid, salicylic acid, benzoyl peroxide, scrubs, and exfoliating devices for 3–5 days before treatment.
- Discontinue waxing, depilatories, or other facial treatments for 1 week prior.
- Avoid facial injectables 2 weeks before your facial
- Avoid self-tanner, tanning beds, and direct sun exposure for at least 1 week before your appointment.
- Arrive with clean, makeup-free skin.
- If you have a history of cold sores or sensitive skin, notify your provider; preventative measures may be recommended.
- Stay well-hydrated in the days leading up to your appointment to support skin hydration and treatment efficacy.

### POST-TREATMENT CARE

- Expect mild redness, tightness, or slight sensitivity, which usually resolves within a few hours.
- Avoid makeup for 12–24 hours, or until redness has subsided.
- Do not pick or scratch at the skin, especially around dermaplaned areas.
- Avoid vigorous exercise, sweating, hot showers, saunas/steam rooms, and alcohol for 24 hours.
- Use a gentle cleanser, hydrating moisturizer, and broad-spectrum SPF as your primary skincare for the first 24–48 hours.
- Avoid active skincare (retinoids, AHA/BHA acids, benzoyl peroxide, scrubs) for 3–5 days post-treatment.
- Lymphatic massage may cause mild temporary swelling, which is normal.
- Skin will feel hydrated, smooth, and radiant, with results improving over the following days as serums and treatments are fully absorbed.
- Schedule your next facial 4 weeks after

## FACIAL: SCULPT & TIGHTEN TREATMENT

*(BBL + SkinTyte + Lymphatic Massage)*

### PRE-TREATMENT CARE

- Schedule your appointment 2–3 weeks before any major event, as results develop gradually.
- Avoid self-tanner, tanning beds, and direct sun exposure for at least 2 weeks prior.
- Discontinue retinoids, glycolic acid, salicylic acid, benzoyl peroxide, scrubs, and exfoliating devices for 3–5 days before treatment.
- Avoid waxing, depilatories, or other facial treatments on the area for 1 week prior.
- Avoid facial injectables 2 weeks before your facial
- Arrive with clean, makeup-free skin.
- Notify your provider if you have a history of cold sores, photosensitivity, or other skin conditions.
- Stay well-hydrated in the days leading up to your appointment for optimal results.

### POST-TREATMENT CARE

- Mild redness, warmth, or swelling is normal and usually resolves within hours.
- Avoid makeup for 4-6 hours, or until redness has subsided.
- Avoid exercise, sweating, hot showers, saunas/steam rooms, and alcohol for 24 hours.
- Avoid active skincare (retinoids, AHA/BHA acids, benzoyl peroxide, scrubs) for 3–5 days post-treatment.
- Use a gentle cleanser, hydrating moisturizer, and broad-spectrum SPF daily.
- Lymphatic massage may cause temporary mild swelling or tenderness, which is normal.
- SkinTyte will continue to tighten and lift the skin over the next several weeks; BBL results (tone and pigmentation) will gradually improve as well.
- Apply sunscreen diligently and avoid direct sun exposure for at least 1–2 weeks.

## FACIAL: SCULPTED GLOW TREATMENT

*(DiamondGlow Facial + Dermaplaning + Lymphatic Massage)*

### PRE-TREATMENT CARE

- Avoid retinoids, glycolic acid, salicylic acid, benzoyl peroxide, scrubs, and exfoliating devices for 3–5 days before your treatment.
- Discontinue waxing, depilatories, or other facial treatments on the face for 1 week prior.
- Avoid facial injectables 2 weeks before your facial
- Avoid self-tanner, tanning beds, and direct sun exposure for at least 1 week before your appointment.
- Arrive with clean, makeup-free skin.
- Notify your provider if you have a history of cold sores or sensitive skin; preventative measures may be recommended.
- Stay well-hydrated leading up to your appointment to support skin healing and treatment efficacy.

### POST-TREATMENT CARE

- Mild redness, tightness, or sensitivity is normal immediately after treatment and usually resolves within a few hours.
- Avoid makeup for 4-6 hours, or until redness has subsided.
- Do not pick or scratch at the skin, especially around dermaplaned areas.
- Avoid vigorous exercise, sweating, hot showers, saunas/steam rooms, and alcohol for 24 hours.
- Use a gentle cleanser, hydrating moisturizer, and broad-spectrum SPF during the healing period.
- Avoid active skincare (retinoids, AHA/BHA acids, benzoyl peroxide, scrubs) for 3–5 days post-treatment.
- Lymphatic massage may cause mild temporary swelling or tenderness, which is normal.
- Skin will feel smooth, hydrated, and radiant, with results improving over the next several days as the skin fully absorbs the benefits of the DiamondGlow facial and serums.

## DELUXE CHEMICAL PEEL

*(VI Peel + Dermaplaning)*

### PRE-TREATMENT CARE

- Avoid retinoids, glycolic acid, salicylic acid, benzoyl peroxide, scrubs, and exfoliating devices for 3–5 days before treatment.
- Discontinue waxing, depilatories, or other facial treatments for 1 week prior.
- Avoid facial injectables 2 weeks before
- Avoid self-tanner, tanning beds, and direct sun exposure for at least 1 week before your appointment.
- Arrive with clean, makeup-free skin.
- If you have a history of cold sores or sensitive skin, notify your provider; preventative measures may be recommended.
- Stay well-hydrated in the days leading up to your appointment to support skin hydration and treatment efficacy.

### POST-TREATMENT CARE

- Expect mild redness, tightness, or slight sensitivity, which usually resolves within a few hours.
- Avoid makeup for 12–24 hours, or until redness has subsided.
- Do not pick or scratch at the skin, especially around dermaplaned areas.
- Avoid vigorous exercise, sweating, hot showers, saunas/steam rooms, and alcohol for 24 hours.
- Use a gentle cleanser, hydrating moisturizer, and broad-spectrum SPF as your primary skincare for the first 24–48 hours.
- Avoid active skincare (retinoids, AHA/BHA acids, benzoyl peroxide, scrubs) for 4 weeks post-treatment.
- Do not peel skin, trim with facial scissors. Peeling will cause hyperpigmentation.
- Schedule a follow up 2 weeks post treatment.

## FAT DISSOLVING (KYBELLA)

### PRE-TREATMENT CARE

- Schedule your appointment at least 6-8 weeks before any special event (weddings, vacations, etc.).
- Avoid blood-thinning medications and supplements (Aspirin, Ibuprofen, NSAIDs, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Fish Oil) for 2 weeks prior, unless prescribed by your provider(s).
- Avoid drinking alcohol for 7-10 days before treatment.
- Eat and hydrate before your appointment to help prevent lightheadedness.

## POST-TREATMENT CARE

- Apply ice packs for 5 minutes at a time during the first 4-8 hours. Cold compresses can help, so it's useful to prepare them in advance.
- For discomfort, you may take over-the-counter Tylenol or over-the-counter Ibuprofen as directed.
- Expect a substantial amount of swelling, numbness, firmness, tingling, and tenderness. These effects are normal and will resolve with time.
- Begin applying moisturizer and SPF the day after treatment to protect and support healing.
- Avoid strenuous exercise, gym workouts, saunas, and spas for at least 3 days.
- Do not consume alcohol for 24 hours following treatment.
- Avoid pressure on the treated areas for the first few nights; sleep with your head elevated if possible.
- Do not schedule dental work for 2 weeks before or after treatment.

## FILLER DISSOLVING

### PRE-TREATMENT CARE

- Schedule your appointment at least 2-4 weeks before any major event to allow time for healing and adjustments if needed.
- Arrive with clean skin without makeup.

### POST-TREATMENT CARE

- Mild swelling, redness, or tenderness at the injection site is normal and should settle within a few days.
- Apply a cold compress to reduce swelling if needed.
- Avoid touching, pressing, or massaging the treated area unless instructed by your provider.
- Refrain from strenuous exercise, alcohol, and excessive heat (saunas, hot tubs) for 24 hours after treatment.

*Pre and Post Treatment Care Example  
Bel Angé Medical Spa*

## HAIR RESTORATION WITH PRP

### PRE-TREATMENT CARE

- Avoid blood-thinning medications and supplements (Aspirin, Ibuprofen, NSAIDs, Vitamin E, Fish Oil, Ginkgo Biloba, Ginseng, St. John's Wort, etc.) for 7-10 days before treatment, if possible.
- Avoid alcohol for 7-10 days before treatment, if possible.
- Eat and hydrate before your appointment to reduce risk of lightheadedness.

### POST-TREATMENT CARE

- Avoid touching, pressing, or rubbing the treated areas for at least 8 hours.
- For discomfort, use Tylenol (acetaminophen) as needed.

## HAIR RESTORATION WITH EXOSOMES

### PRE-TREATMENT CARE

- Avoid blood-thinning medications and supplements (Aspirin, Ibuprofen, NSAIDs, Vitamin E, Fish Oil, Ginkgo Biloba, Ginseng, St. John's Wort, etc.) for 7-10 days before treatment, if possible.
- Avoid alcohol for 7-10 days before treatment, if possible.
- Eat and hydrate before your appointment to reduce risk of lightheadedness.

### POST-TREATMENT CARE

- Avoid touching, pressing, or rubbing the treated areas for at least 8 hours.

For discomfort, use Tylenol (acetaminophen) as needed.

## IV THERAPY

### PRE-TREATMENT CARE

- Eat a light meal before your session to help maintain stable blood sugar.
- Drink water beforehand to ensure you are well-hydrated.
- Wear comfortable clothing that allows easy access to your arms.

*Pre and Post Treatment Care Example  
Bel Angé Medical Spa*



- Relax and arrive on time to allow for a smooth session.

## POST-TREATMENT CARE

- Continue to drink plenty of water after your session to maximize the benefits.
- Avoid strenuous exercise or heavy lifting with the treated arm for several hours.
- Keep the injection site clean and avoid applying pressure or irritants.
- Contact your provider if swelling, pain, or prolonged discomfort occurs.

## DERMAPLANING

### PRE-TREATMENT CARE

- Avoid Retin-A, retinoids, and harsh exfoliants for 5 days prior.
- No recent chemical peels or lasers before treatment.
- Ensure there are no sunburns in the treatment area.

### POST-TREATMENT CARE

- Mild redness or sensitivity may occur.
- Apply gentle moisturizer and SPF daily.
- Makeup can be applied after 24 hrs.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## DERMAL FILLER

### PRE-TREATMENT CARE

- Avoid anti-inflammatory or blood-thinning medications and supplements (such as aspirin, ibuprofen, fish oil, vitamin E) for 2 weeks prior to filler appointment.
- Avoid alcohol for 7-10 days prior to filler appointment.
- Avoid dental work for 2 weeks before 2 weeks after treatment.
- Schedule your appointment at least 2-4 weeks before any major event.

## POST-TREATMENT CARE

- Redness, swelling, bruising, and tenderness are common and may last up to 7 days. These side effects will resolve with time.
- Avoid touching or massaging the treated area for at least 6 hours.
- Do not exercise, consume alcohol, or expose the area to excess sun or heat for 24 hours.
- Refrain from dental procedures for 2 weeks post-treatment.
- A follow-up appointment is recommended in 2 weeks.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## DERMAL FILLER FOLLOW-UP TREATMENT

### PRE-TREATMENT CARE

- Avoid anti-inflammatory or blood-thinning medications and supplements (such as aspirin, ibuprofen, fish oil, vitamin E) for 2 weeks prior to filler appointment.
- Avoid alcohol for 7-10 days prior to filler appointment.
- Avoid dental work for 2 weeks before 2 weeks after treatment.
- Schedule your appointment at least 2-4 weeks before any major event.

### POST-TREATMENT CARE

- Redness, swelling, bruising, and tenderness are common and may last up to 7 days. These side effects will resolve with time.
- Avoid touching or massaging the treated area for at least 6 hours.
- Do not exercise, consume alcohol, or expose the area to excess sun or heat for 24 hours.
- Refrain from dental procedures for 2 weeks post-treatment.
- A follow-up appointment is recommended in 2 weeks.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## DIAMOND GLOW

### PRE-TREATMENT CARE

- Discontinue retinoids 1-3 days before treatment.

- If prone to cold sores, begin prescribed antiviral medication 2 days prior and continue for 2 days after.
- Arrive with clean skin, free of makeup, lotion, or sunscreen.
- Avoid heavy exfoliation or harsh skincare products for several days before treatment.
- Follow any preparation instructions provided by your skincare professional.

## POST-TREATMENT CARE

- Resume retinoids 1–3 days after treatment, as directed by your provider.
- Apply only recommended skincare products immediately following your session.
- Keep the skin hydrated with a gentle moisturizer.
- Use a broad-spectrum sunscreen daily to protect treated skin.
- Avoid harsh exfoliants or active skincare until your provider advises it is safe.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## HYDRAFACIAL

### PRE-TREATMENT CARE

- Discontinue retinoids 1–3 days before treatment.
- Neurotoxin should be done 1 week prior; fillers 2 weeks prior.
- If prone to cold sores, please inform your provider to best prevent a flare.
- Arrive with clean skin, free of makeup, lotion, or sunscreen.
- Avoid heavy exfoliation or harsh skincare products for several days before treatment.

### POST-TREATMENT CARE

- Resume retinoids/retinols 3-5 days after treatment, as directed by your provider.
- Apply only recommended skincare products immediately following your session.
- Keep the skin hydrated with a gentle moisturizer.
- Use a broad-spectrum sunscreen daily to protect treated skin.
- Avoid harsh exfoliants or active skincare until your provider advises it is safe.
- Follow your provider's recommendations for ongoing skincare and aftercare.

# LASER HAIR REMOVAL

## PRE-TREATMENT CARE

- Shave the treatment area 24 hours prior.
- Avoid tanning, direct sun exposure, and self-tanners for 4 weeks prior.
- Discontinue topical retinoids for 2 weeks prior.
- If prone to cold sores, inform your provider.

## POST-TREATMENT CARE

- Redness, follicular swelling, and small bumps may occur and typically resolve within 48 hours.
- Avoid hot baths, saunas, and exfoliating products for 48–72 hours.
- Use a mild cleanser and moisturizer as part of your skincare routine.
- Avoid makeup or deodorant on irritated areas until the skin has healed.
- Apply SPF 30+ daily and limit sun exposure.
- Multiple sessions (6–10 treatments spaced 4–6 weeks apart) are required to achieve optimal results.
- Follow your provider's recommendations for ongoing skincare and aftercare.

# LED TREATMENT

## PRE-TREATMENT CARE

- Make sure the treatment area is clean and free of makeup, lotions, or sunscreen.
- Do not arrive with sunburn on the area to be treated.
- Remove contact lenses before facial LED sessions.
- Avoid applying heavy skincare products immediately before treatment.

## POST-TREATMENT CARE

- Apply a gentle moisturizer if you notice dryness.
- Use sunscreen daily to protect the treated area, especially if it is exposed to sunlight.
- Avoid harsh skincare products (such as strong exfoliants or retinoids) for at least 24 hours.
- Makeup can be applied immediately unless otherwise advised by your provider.
- Keep the skin clean and hydrated to maximize treatment benefits.

*Pre and Post Treatment Care Example  
Bel Angé Medical Spa*

- Follow your provider's recommendations for ongoing skincare and aftercare.

## MICRONEEDLING

### PRE-TREATMENT CARE

- Discontinue Rx topicals (Tretinoin, Retin-A, Differin, etc.) 5 days prior.
- Stop scrubs, AHA/BHA acids, benzoyl peroxide 3 days prior.
- No waxing 1–2 weeks before or after.
- Limited sun exposure 2 weeks before.
- Neurotoxin should be done 2 weeks prior; fillers 2 weeks prior.
- Arrive with clean skin, without makeup.

### POST-TREATMENT CARE

- Redness, mild swelling, or sunburn-like appearance for 24–48 hrs is normal.
- Skin tightness and flaking may occur.
- Avoid Retin-A, acids And scrubs for 5 days after.
- Avoid NSAIDs; Tylenol may be used if needed.
- Limit sun exposure and use SPF daily.
- Multiple sessions (3–6, spaced 4 weeks apart) recommended for best results.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## MICRONEEDLING WITH PRP

### PRE-TREATMENT CARE

- Discontinue Rx topicals (Tretinoin, Retin-A, Differin, etc.) 5 days prior.
- Stop scrubs, AHA/BHA acids, benzoyl peroxide 3 days prior.
- No waxing 1–2 weeks before or after.
- Limited sun exposure 2 weeks before.
- Neurotoxin should be done 2 weeks prior; fillers 2 weeks prior.
- Arrive with clean skin, without makeup.

### POST-TREATMENT CARE

- Redness, mild swelling, or sunburn-like appearance for 24–48 hrs is normal.
- Skin tightness and flaking may occur.
- Avoid Retin-A, acids and scrubs for 5 days after.

- Avoid NSAIDs; Tylenol may be used if needed.
- Avoid makeup application for 2 days
- Limit sun exposure and use SPF daily.
- Multiple sessions (3–6, spaced 4 weeks apart) recommended for best results.
- Follow your provider’s recommendations for ongoing skincare and aftercare.

## MOXI

### PRE-TREATMENT CARE

- Avoid direct sun exposure for at least 2 weeks prior; use SPF 30+ daily.
- Discontinue retinoids, Retin-A, hydroquinone, glycolic/salicylic acids, and other exfoliating products 7-14 days before treatment.
- Avoid blood-thinning medications and supplements (aspirin, ibuprofen, fish oil, vitamin E, etc.) for 7-10 days before treatment unless prescribed by your doctor.
- Do not use self-tanning creams or sprays for 2 weeks before treatment.
- Arrive with clean skin, without makeup.

### POST-TREATMENT CARE

- Redness and swelling are normal for 24–48 hours. Apply cool compresses if needed.
- Cleanse gently with cool or lukewarm water and a mild cleanser for 3 days. Avoid scrubs or exfoliants.
- Keep skin moisturized with a gentle, non-irritating product. Reapply as needed to prevent dryness.
- Apply SPF 30+ daily and reapply every 2 hours outdoors. Avoid direct sun for 1–2 weeks.
- Avoid retinoids, AHAs, BHAs, and exfoliating products for 5–7 days or until fully healed.
- Avoid heat exposure (hot showers, saunas, steam rooms, heavy exercise) for 48 hours.
- Do not pick or scrub your skin while it’s healing.
- Avoid makeup for 24 hours. Mineral makeup may be applied after 2–3 days once skin begins to heal.
- Follow your provider’s recommendations for ongoing skincare and aftercare.

## WRINKLE RELAXER TREATMENT

### PRE-TREATMENT CARE

- Avoid blood-thinning medications and supplements, multivitamins, fish oil, Vitamin E, and alcohol for 7-10 days prior to procedure if possible.
- Schedule at least 4 weeks before a major event.

### POST-TREATMENT CARE

- Remain upright for 4 hrs after the injection.
- Do not massage or manipulate treated areas for 48 hrs.
- Mild headache, bruising, or swelling may occur.
- Results appear in 3–4 days, with full effect at 14 days.
- Avoid facials, peels, and lasers treatments for 1 week after procedure.
- Avoid smoking as it may prolong bruising and healing.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## WRINKLE RELAXER TREATMENT – TRAINING PROMO

### PRE-TREATMENT CARE

- Avoid blood-thinning medications and supplements, multivitamins, fish oil, Vitamin E, and alcohol for 7-10 days prior to procedure if possible.
- Schedule at least 4 weeks before a major event.

### POST-TREATMENT CARE

- Remain upright for 4 hrs after the injection.
- Do not massage or manipulate treated areas for 48 hrs.
- Mild headache, bruising, or swelling may occur.
- Results appear in 3–4 days, with full effect at 14 days.
- Avoid facials, peels, and lasers treatments for 1 week after procedure.
- Avoid smoking as it may prolong bruising and healing.
- Follow your provider's recommendations for ongoing skincare and aftercare.
- Schedule 2 week follow up

## WRINKLE RELAXER FOLLOW-UP TREATMENT

### PRE-TREATMENT CARE

- Avoid blood-thinning medications and supplements, multivitamins, fish oil, Vitamin E, and alcohol for 7-10 days prior to procedure if possible.
- Schedule at least 4 weeks before a major event.

### POST-TREATMENT CARE

- Remain upright for 4 hrs after the injection.
- Do not massage or manipulate treated areas for 48 hrs.
- Mild headache, bruising, or swelling may occur.
- Results appear in 3–4 days, with full effect at 14 days.
- Avoid facials, peels, and lasers treatments for 1 week after procedure.
- Avoid smoking as it may prolong bruising and healing.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## RF MICRONEEDLING

### PRE-TREATMENT CARE

- Discontinue Rx topicals (Tretinoin, Retin-A, Differin, etc.) 5 days prior.
- No waxing in treatment area 1–2 weeks prior.
- No sun exposure or self-tanners in treatment area 4 weeks prior.
- Neurotoxin at least 14 days before; fillers at least 4 weeks before (ideally after the series).
- Stop aspirin, NSAIDs, fish oil, and alcohol a few days before.

### POST-TREATMENT CARE

- Redness and swelling for 24–72 hrs is normal.
- Avoid makeup application for 2 days
- Short-term sensitivity, micro-bruising, and sandpaper-like texture may occur.
- Mild peeling is possible.
- Avoid Retin-A, acids, scrubs, benzoyl peroxide for 5 days after.
- Use SPF daily and limit sun exposure.
- Keep skin hydrated

*Pre and Post Treatment Care Example  
Bel Angé Medical Spa*



- Typically requires a series of 3 treatments spaced 6 weeks apart.
- Follow your provider's recommendations for ongoing skincare and aftercare.
- Schedule next session 4 weeks after

## SCULPTRA

### PRE-TREATMENT CARE

- Schedule your appointment at least 4-6 weeks before any special event (such as weddings or vacations), as results take several weeks to appear.
- Arrive with clean skin, free of makeup.
- Follow any preparation guidelines given by your provider before your session.

### POST-TREATMENT CARE

- Follow the 5-5-5 rule: massage the treated area for 5 minutes, 5 times a day, for 5 days.
- Expect minor swelling or bruising, this will resolve on its own.
- Apply a cold compress as needed to minimize initial swelling if desired.
- Avoid vigorous exercise, heat exposure, or alcohol for the first 24 hours unless otherwise advised.
- Follow your provider's recommendations for ongoing skincare and aftercare.

## PRP/PRF TREATMENT

### PRE-TREATMENT CARE

- Schedule your appointment 4-6 weeks before any special event (weddings, vacations, photoshoots)
- Arrive with clean, makeup-free skin.
- Avoid NSAIDs (ibuprofen, Advil, Motrin, aspirin) for at least 3 days prior unless instructed otherwise, as they can interfere with platelet activity.
- Stay well-hydrated for 48 hours before your appointment as this improves blood draw quality.
- Follow any additional preparation guidelines provided by your provider.

## POST-TREATMENT CARE

- Do not touch or apply products to the treated area for the first 4–6 hours.
- Mild swelling, redness, and pinpoint bruising are normal and will resolve.
- You may use a cold compress gently for comfort during the first 24 hours (avoid direct ice-to-skin contact).
- Avoid vigorous exercise, saunas/steam, hot yoga, sun exposure, and alcohol for the first 24 hours unless otherwise directed.
- Avoid NSAIDs for 1 week post-treatment to preserve platelet function (Tylenol is okay).
- Gentle cleanser + hydrating moisturizer for 24–48 hours, then resume routine as advised.
- Avoid wearing makeup for at least 24 hours, or until any pinpoint bleeding has closed.

## GLP-1 AGONIST INJECTION TREATMENT

### PRE-TREATMENT CARE

- Eat a small, balanced meal before your appointment; avoid heavy or high-fat meals, which may worsen nausea.
- Stay well-hydrated throughout the day.
- If this is your first injection, be aware that mild nausea, decreased appetite, or GI changes are common when starting or increasing the dose.
- Avoid alcohol for 24 hours prior, as it may irritate the stomach.
- Notify your provider if you have a history of pancreatitis, gallbladder issues, severe GI disease, or if you are pregnant/breastfeeding.
- Wear clothing that allows easy access to the abdomen or thigh.

### POST-TREATMENT CARE

- Expect possible mild nausea, decreased appetite, or stomach discomfort. These effects are normal, and they typically improve over days to weeks.
- Eat smaller meals and stop eating when you feel full; avoid overeating, as it can worsen nausea.
- Prioritize hydration. Sip water throughout the day to reduce nausea and support metabolic function.
- Avoid greasy/spicy/heavy meals, alcohol, and/or vigorous exercise for 24–48 hours if you feel nauseous or lightheaded.
- If needed, use a cold compress on the injection site for mild swelling or tenderness.

- Mild injection-site redness or itching is normal and should be resolved within a day.
- Contact your provider for severe abdominal pain, persistent vomiting, or signs of dehydration.

## NAD

### PRE-TREATMENT CARE

- Schedule your appointment at least 1–2 weeks before any major event, as some patients may feel tired or detox-y after initial sessions.
- Stay well-hydrated for 24–48 hours prior to your appointment, as NAD+ works best when your system is hydrated.
- Eat a light meal or snack before your treatment to minimize nausea.
- Avoid alcohol for 24 hours prior to your appointment.
- Arrive with an understanding that you may feel sensations like warmth, tightness in the chest, or mild nausea during the injection. These effects are normal and usually subsides within a few hours after the injection.

### POST-TREATMENT CARE

- Mild soreness at the injection site is normal and should resolve quickly.
- Drink plenty of water after your injection to support cellular energy metabolism and detoxification.
- If you feel slight nausea or headache afterward, rest, hydrate, and eat a light meal. These effects typically resolve within a few hours.
- You may gently apply a cold compress to the injection site if any localized tenderness or swelling occurs.
- Resume normal activities as tolerated. Most patients feel energized within hours to days.

## VITAMIN B12 TREATMENT

### PRE-TREATMENT CARE

- Eat a light meal or snack before your appointment to help prevent lightheadedness.

- Stay well-hydrated on the day of your injection.
- Wear clothing that allows easy access to the injection site (typically the arm, thigh, or glute).
- 24 hours before your appointment, as it can impact hydration and absorption.

## POST-TREATMENT CARE

- Mild soreness, tenderness, or a small bump at the injection site is normal and should resolve in 1–2 days. You may gently apply a cold compress if there is any tenderness or swelling.
- If slight bruising occurs, it is harmless and will fade on its own.
- Avoid vigorous upper-body workouts (if injected in the arm) for 24 hours to reduce soreness.
- Stay hydrated as B12 works best when your system is well-hydrated.
- Most patients feel an increase in energy within hours to days. Some patients notice improved mood, focus, or sleep.
- Follow your provider's recommended injection frequency (weekly, biweekly, or monthly depending on your needs).

## SKINVIVE TREATMENT

### PRE-TREATMENT CARE

- Schedule your appointment at least 2-4 weeks before any major event, as mild swelling or small bumps can occur.
- Arrive with clean, makeup-free skin.
- Avoid NSAIDs (Advil, ibuprofen, aspirin), fish oil, vitamin E, and alcohol for 24–48 hours beforehand to reduce bruising, unless prescribed by a provider.
- Stay well-hydrated for 24 hours before your appointment.
- If you are prone to bruising, you may use oral and/or topical arnica starting the day before (if approved by your provider).
- Expect multiple micro-droplet injections across the treated area (typically the cheeks).

### POST-TREATMENT CARE

- Mild swelling, pinpoint bumps, redness, or tenderness are normal and usually resolve within a few days.
- Avoid makeup for 24 hours, or until any pinpoint bleeding has fully closed.

- Avoid vigorous exercise, alcohol, saunas/steam rooms, hot yoga, and sun exposure for 24 hours.
- You may apply a cold compress (not ice directly on skin) for comfort.
- Sleep with your head slightly elevated the first night to reduce swelling.
- 2 weeks unless cleared by your provider.
- Results improve gradually over several weeks as hydration and skin quality increase.
- Follow gentle skincare regimen as recommended by your provider.

## SKINTYTE TREATMENT

### PRE-TREATMENT CARE

- Schedule your appointment at least 2–3 weeks before major events, as results develop gradually.
- Avoid self-tanner, tanning beds, and direct sun exposure for at least 2 weeks before treatment. Skin should not be recently tanned nor have sun exposure on the treatment area(s).
- Avoid retinoids, glycolic acid, salicylic acid, benzoyl peroxide, and other active skincare ingredients on the area(s) for 5-7 days prior.
- If you have a history of cold sores and are treating areas near the mouth, notify your provider, as pre-treatment medication may be recommended.
- Stay well-hydrated leading up to your appointment; hydrated skin responds better to light-based therapy.

### POST-TREATMENT CARE

- Expect mild redness or warmth, as this typically resolves within minutes to a few hours.
- You may apply a cool compress to soothe the warmth if needed.
- Avoid heavy exercise, hot showers, saunas, and steam rooms for 24 hours.
- Do not use active skincare (retinoids, acids, scrubs) for 24–48 hours after treatment.
- Apply gentle moisturizer and sunscreen daily; SPF is essential to protect the treated area.
- Avoid direct sun exposure for 2 weeks and continue diligent sun protection daily.
- Resume your normal skincare routine after 48 hours unless otherwise advised.
- SkinTyte results are cumulative. Follow your provider's recommended series (typically 3–6 treatments spaced 2–4 weeks apart).

## SOFWAVE TREATMENT

- PRE-TREATMENT CARE

- Arrive with clean skin, free of makeup or sunscreen.
- If you have a history of cold sores, notify your provider to ensure you are on the proper regimen to avoid a flare.

- POST-TREATMENT CARE

- Mild redness or swelling may occur and typically resolves within a few hours.
- You may resume normal activities immediately unless your provider advises otherwise.
- Follow all personalized aftercare instructions provided by your skincare professional.

## SBS CHEMICAL PEEL TREATMENT

### PRE-TREATMENT CARE

- Schedule your peel 2-3 weeks before any major event, as mild peeling or dryness may occur.
- Avoid retinoids, benzoyl peroxide, glycolic acid, salicylic acid, scrubs, and exfoliating devices for 5–7 days before your peel.
- Do not use self-tanner or undergo waxing, laser, or other resurfacing treatments on the area for 1 week before treatment.
- Arrive with clean, makeup-free skin.
- Avoid direct sun exposure and tanning for at least 1 week prior.
- If you have a history of cold sores and are treating the perioral area, notify your provider, as preventative medication may be recommended.

### POST-TREATMENT CARE

- Expect mild redness, tightness, or warmth immediately after. This is normal and typically subsides within minutes to hours.
- Use gentle cleanser, hydrating moisturizer, and broad-spectrum SPF for the first several days.

- Avoid all active products (retinoids, AHA/BHA, Vitamin C, scrubs, acne treatments) for 5–7 days post-peel or until your provider says it's safe to resume.
- Strictly avoid sun exposure for at least 2 weeks and wear SPF daily to protect healing skin.
- Skin texture and radiance will continue to improve over the following days as the skin renews.
- For VI Peel, peeling the skin can cause hyperpigmentation. Instead, trim the skin with small facial or hair scissors.
- For VI Peel, peeling lasts 7-10 days.

## MOXI+BBL TREATMENT

### PRE-TREATMENT CARE

- Schedule your appointment 4 weeks before any major event, as redness, darkening of pigmentation (“peppering”), and mild roughness may occur.
- Avoid sun exposure, tanning beds, and self-tanner for at least 2 weeks before your treatment. Skin must not be recently tanned.
- Discontinue retinoids, glycolic acid, salicylic acid, benzoyl peroxide, scrubs, and exfoliating brushes for 7-14 days prior.
- Avoid waxing, peels, or other energy-based treatments on the area for 1–2 weeks before.
- Arrive with clean, makeup-free skin.
- If you have a history of cold sores and are treating the face, inform your provider, as preventative medication may be recommended.
- Stay well-hydrated in the days leading up to treatment for optimal skin response.

### POST-TREATMENT CARE

- Expect mild redness, warmth, swelling, and a “sandpaper” texture for several days. These are normal and temporary.
- Pigmented spots will darken and form a peppered appearance over 3–5 days before naturally sloughing off. Do not pick or scrub.
- Gently cleanse the skin with a mild cleanser and lukewarm water for the first 48 hours.
- Use a bland, hydrating moisturizer frequently to support healing.
- Avoid makeup for 24 hours or until redness subsides.

*Pre and Post Treatment Care Example  
Bel Angé Medical Spa*

- Avoid exercise, sweating, heat, hot showers, saunas/steam rooms, and alcohol for 24–48 hours.
- Avoid active skincare products (retinoids, AHA/BHA acids, vitamin C, benzoyl peroxide, scrubs) for 5–7 days or until your provider clears them.
- Apply broad-spectrum SPF daily and avoid direct sun exposure for at least 1–2 weeks, as skin will be more sensitive to UV.
- You may use a cool compress for comfort after treatment (never apply ice directly).
- Skin texture and glow will continue to improve over the next 2–3 weeks.

## FOREVER CLEAR BBL TREATMENT

### PRE-TREATMENT CARE

- Avoid sun exposure for 2 weeks before treatment. If outdoors, wear SPF 30+ and protective clothing.
- Stop retinoids, Retin-A, glycolic/salicylic acids, and exfoliants 7 days before. Avoid chemical peels or waxing in the treatment area for 1 week.
- Avoid aspirin, ibuprofen, fish oil, vitamin E, NSAIDs, and alcohol for 7 days prior to procedure (unless prescribed by your doctor).
- Avoid tanning beds, sunbathing, or self-tanners for 2 weeks prior to procedure.
- Shave the treatment area the night before if facial or body hair is present. Do not wax, tweeze, or use depilatory creams.
- Arrive with clean skin on the day of treatment without makeup.

### POST-TREATMENT CARE

- Redness and swelling are normal for a few days and will resolve on its own. You may apply cold compresses if needed.
- Cleanse with a mild cleanser and lukewarm water; avoid scrubbing or exfoliation for at least two weeks.
- Keep skin moisturized with a gentle, non-irritating moisturizer.
- Apply SPF 30+ daily, reapplying every 2 hours outdoors. Avoid direct sun for at least 2 weeks.
- Do not use retinoids, AHAs, BHAs, or exfoliants for 5–7 days or until fully healed.
- Avoid hot showers, saunas, steam rooms, and intense exercise for 48 hours.
- Drink plenty of water to support healing and continue daily sunscreen use.
- Treatments are often spaced 2–4 weeks apart. Follow your provider's recommendations.

*Pre and Post Treatment Care Example  
Bel Angé Medical Spa*



- Follow your provider's recommendations for ongoing skincare and aftercare.

## EMSCULPT

### PRE-TREATMENT CARE

- Drink plenty of water the day before and day of your treatment.
- Eat a light meal or snack 1–2 hours beforehand; don't come with an empty stomach.
- Avoid heavy meals or caffeine immediately before treatment (may increase discomfort).
- Wear loose, comfortable clothing, especially around the treatment area.
- Remove metal accessories (jewelry, belts) near the treatment area.
- Inform your provider if you have: metal implants, pacemaker or implanted defibrillator, recent surgery, hernia or injury in the area, and/or pregnancy (EmSculpt is not performed during pregnancy).
- Schedule sessions 2–3 days apart if you're doing a full treatment series.

### POST-TREATMENT CARE

- Mild soreness is normal. EmSculpt feels like an intense workout; the soreness usually resolves within 24–48 hours.
- Hydrate well to support muscle recovery and fat-metabolism processes.
- You can return to normal activities immediately with no downtime required.
- Gentle stretching can reduce soreness.
- Continue healthy nutrition as adequate protein helps maximize results.
- Avoid alcohol and excessive salt for 24 hours (may affect water retention).
- Stick to your treatment plan (typically 4–6 sessions over 2 weeks).
- Results develop gradually. Muscle tone improves within 2–4 weeks; fat reduction may take longer.