

lachelé

AESTHETICS & WELLNESS

Contour TRL Pre Treatment Instructions

- Please arrive to treatment with a **clean face, free of makeup and products**. Also, **remove all jewelry or piercings**. Please have your hair tied back if possible. Photos will be taken before the treatment starts.
- If treated neck and below, please arrive in loose fitting clothing. You will most likely change into one of our strapless wraps before photos.
- Injectable and topical anesthetics such as lidocaine are administered by your professional on the day of treatment. **Please alert your provider before your treatment if you have any allergy to lidocaine.**
- • No Accutane (*Isotretinoin*) within the last year.
- **Please avoid any sun exposure for at least 4 weeks prior** to your treatment. **Do not use self-tanners** during this time, **including spray tans, tanning lotions, tanning beds**, or other artificial tanning methods. Natural or artificial tans can affect your results after treatment or cause burns and or scarring.
- **If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our **prescriptive La Chelè Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, for two weeks prior to your appointment. **Use for no longer than 3–6 months**. During your off months, substitute with **Skin Medica's Even and Correct** line.
- **Hydrate**. Drink at least **8 glasses of water per day** for the 2 weeks leading up to your treatment and continue for the 2 weeks following. **Do NOT drink any alcoholic beverages** during this pre and post treatment time frame.
- **Do not use any alcohol-based products or toners on the skin for at least 1 week prior** to treatment that will dehydrate your skin. Use hydrating moisturizers leading up to the treatment. We also recommend starting a topical such as **Alastin Skin Nectar** or **Plated 3 days before** the treatment, and following the treatment per provider recommendations. You can find this for sale in our offices.
- Please **STOP** the following cosmetic products **72 hours before treatment: Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid or any retinol product.**
- **Avoid taking anticoagulants (blood thinners) for 5-7 days prior** to treatment, if medical condition allows. Avoid herbal teas and supplements such as **fish oil, vitamin E, and multivitamins**. Also avoid the use of NSAIDs such as **Motrin, Advil, Aleve and Ibuprofen**.
- **If you are prone to cold sores** (*Herpes Simplex A*), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- **Intra-ocular protective shields may be inserted** for treatment around the eye area. Please **remove contact lenses** prior to your arrival. Bring glasses if needed.
- **If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our **prescriptive La Chelè Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, for 2 weeks prior to treatment, and **no longer than 3–6 months** post treatment. After this period, discontinue use for an additional 3–6 months before resuming treatment. During your off months, substitute with **Skin Medica's Even and Correct** line.
- The procedure necessitates a post treatment wound care regime that must be followed. Your provider will review post treatment products and medications to be used.
- On the day of treatment, do not apply any substances to the intended treatment area, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self tanning products or ointments.
- Bring a wide brim hat or cap to wear when leaving.
- Please avoid any pets in the bed until fully healed from treatment.

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- On the day of treatment, **do not apply any substances to the intended treatment area**, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products or ointments.
- Medication such as Xanax may be offered to you in office for your comfort during the treatment. If so, you must have a driver to sign off on our Driver Release Form upon departure.
- **It is highly recommended** to get errands done before the day of treatment. It is also recommended to **pre pay for your treatment** at our front desk before you are taken to your treatment room. This way, you may leave without worrying about payment.

Items To Purchase *Prior To Treatment*

1. Be sure to **pick up your prescriptions prior to your Contour TRL Laser treatment. You will need to begin taking medications prior** to the procedure. You will receive an anti-viral (*Valtrex*) to prevent cold sores, antibiotic (*Keflex* or *Doxycycline*), and one dose antifungal medication (*Diflucan*).
2. After care can be purchased at your local pharmacy as you are picking up your prescription. Below are recommended to purchase to have at home:
 - Distilled white vinegar
 - Distilled water (*or boil your water at home*)
 - A generous supply of sterile 4 x 4 gauze pads
 - Soft wash clothes (*infant or microfiber*)
 - A large container of aquaphor
3. Arrive one hour prior to your scheduled numbing time if you would like the oral prescriptive painkiller called Journavx. You may wait in our relaxation lounge until we are ready to take you for your appointment if you do arrive early.