

lachele

AESTHETICS & WELLNESS

Diamond Glow Post Treatment Instructions

- Avoid prolonged sun exposure, sun bathing, and tanning beds for at least 2 weeks post treatment (*although, we recommend this indefinitely*) to prevent UV rays from damaging your skin. Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher to maintain your improved skin. We recommend the **Elta MD Sunscreens** sold in office.
- Waxing and depilatories can be resumed in 48 hours.
- **Avoid heat** (*hot showers, sauna, intense cardio, etc.*) **for 24 hours.**
- If you do not need make up for the evening of your treatment, it is recommended to wait until the next morning.
- Topical prescriptive medications and OTC acne medications can be resumed in 48 hours.
- Monthly facials are recommended. Your esthetician will work with you to recommend your next appointment.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com