

lachele

AESTHETICS & WELLNESS

Embrace Pre Treatment Instructions

- Please arrive to our facility at your scheduled treatment time for numbing. Please be advised, running late may result in less than optimal treatment time or inadequate time to numb. Injectable and or 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.**
- Discontinue use of Accutane (*Isotretinoin*) 6 months prior to treatment.
- Please arrive to treatment with a **clean face, free of makeup and products.** Also, have your hair tied back if possible and **remove all jewelry or piercings.**
- **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 and cause burns and/or scarring.
- **Do not use any alcohol-based products** or toners on the skin for at least 1 week prior to treatment. **Avoid** the following cosmetic products for at least 4 days prior to your treatment: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, and Ascorbic Acid (Vitamin C).** Use hydrating moisturizers and our recommended **Alastin Skin Nectar or Plated** to prep the skin.
- **Avoid taking anticoagulants (blood thinners) for 10 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.**
- **Alert your provider if you have a history of cold sores,** so that we may prescribe Valtrex for you to begin taking 1 day prior to service to avoid outbreak. 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.
- **If you have a warmer skin tone, we strongly advise** to begin a daily AM & PM topical application of an over-the-counter steroid (*such as hydrocortisone 1%*), sold in our office. Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment, and continue a daily AM & PM application for 1-2 days post treatment. Do not apply longer than 7 days in a row.
- **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 **SkinMedica's Even and Correct** line
- We recommend eating a small meal prior to your procedure.
- **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.
- Bring a wide brim hat or cap to wear when leaving to protect the skin from the sun.
- Wear **loose fitting, comfortable clothing to your appointment.**
- 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.
- 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.

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