

lachele

AESTHETICS & WELLNESS

Morpheus8, SylfirmX, & Exion Pre Treatment Instructions

Please arrive to our facility on time for topical anesthetic numbing and/or medications. Please be advised, running late may result in less than optimal treatment time or inadequate time to numb. Please alert your provider before your treatment if you have any allergy to lidocaine.

For Morpheus8, you are not treatable if you have any allergy to gold. For Exion, you are not treatable if you have any metal implants.

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 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.

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.

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

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 **STOP** the following cosmetic products **72 hours before treatment: Retin-A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, Hydroquinone, exfoliation or any retinol product.**

Avoid taking anticoagulants (blood thinners) for 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. Notify your provider if you are on any type of prescription anti-coagulant therapy (*Coumadin, Xarelto*).

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.

Please avoid any sun exposure for at least 2 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.

We recommend eating a small meal prior to your procedure.

A series of 3 treatments, each spaced one month apart is recommended. Maintenance is recommended anywhere from 6 months to a year. It can take 90 days to see optimal results from your last session.

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.

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