

lachelé

AESTHETICS & WELLNESS

Subnovii Pre Treatment Instructions

- Avoid tanning and significant sun exposure for 2-4 weeks prior to your appointment.
- Taking anticoagulants (*blood thinners*) is not a contraindication, however it may increase your risk of bruising. Please **stop** these medications 7 days prior to treatment only if medically permitted. This includes **Ibuprofen, Motrin, Advil, Aleve, Aspirin, multivitamins and fish oil**. Notify your provider if you are on any type of prescription anti-coagulant therapy (*Coumadin, Xarelto*).
- **No Accutane** (isotretinoin) for 6 months.
- **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.
- Avoid alcohol for roughly 24–48 hours prior to your appointment.
- Please arrive to treatment with a **clean face, free of makeup and products**. Also, have your hair tied back if possible and **remove all facial jewelry or piercings**.
- Topical anesthetics such as lidocaine may be used for your treatment; therefore, please alert your provider of any allergies to topical anesthetics.