



HERITAGE

VEINS & AESTHETICS

transformative patient care

There are some things to do before and after having ULTHERAPY to optimize your results. Please note that you may notice some initial tightening of your skin but that results of ULTHERAPY happen gradually over the 2-6 months AFTER the procedure. We will schedule

MEDICAL GRADE CHEMICAL PEEL PRE-PROCEDURE INSTRUCTIONS

1. Avoid sun exposure for at least one week prior to your treatment.
2. Avoid electrolysis, waxing, hair removal creams and laser hair removal for two weeks prior to a chemical peel.
3. Stop using any exfoliating products on your skin for one week prior to treatment.
4. Stop using all Retin-A, retinoids, hydroxyquinone, vitamin C, salicylic acid, alpha hydroxy acids and prescription skin creams for three days prior to treatment.
5. Shave the area to be treated if necessary.
6. If you have a history of cold sores, let the staff know so you can be premedicated to prevent an outbreak.

MEDICAL GRADE CHEMICAL PEEL POST- PROCEDURE INSTRUCTIONS

Adherence to the Post Procedure Care Instructions will help to minimize any possible adverse effects.

1. AVOID THE SUN AFTER YOUR PROCEDURE. Whenever you are outside use a sun block with SPF 30 or above that contains Zinc Oxide. Reapply sunscreen every 30-45 minutes if you are in direct sun.
2. Do not wear makeup for the rest of the day after your peel. Allow the skin time to stabilize and rest overnight.
3. Apply moisturizer at least two times a day for the next 7-10 days. Moisturizer will decrease the appearance of flaking.
4. Stay cool. Heating internally can cause hyperpigmentation. Do not put treated area directly into hot water or a hot shower spray. No hot tub, swimming pool, steam room or sauna for three days.
5. Do not work out or participate in activities that would cause excessive sweating.
6. Do not use a loofah or other means of exfoliation.
7. Do not apply ice or ice water to the treated area for three days.
8. Do not resume the use of retinoids, Vitamin C, alpha hydroxy acids, beta hydroxy acids or bleaching creams until the peeling process is COMPLETE.
9. Do not have any other cosmetic procedures or facials done until cleared by your provider.

Client Signature: _____ Date: _____