

Pre and Post Care Instructions

Facials

Pre-Care Instructions:

1. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 48 hours before your facial treatment. Sunburned or irritated skin cannot be treated effectively.
2. **Inform About Medications and allergies:** Inform your esthetician about any medications you are taking, as some medications can affect the skin's sensitivity and response to treatment.
3. **Stay Hydrated:** Drink plenty of water in the days leading up to your facial to ensure your skin is well-hydrated.
4. **Avoid Hair Removal:** Avoid waxing, tweezing, or any other hair removal treatments on the areas to be treated at least 48 hours before your facial.

Post-Care Instructions:

1. **Reapply sunscreen:** Protect your skin from direct sunlight using sunscreen with SPF 30 or higher if you need to be outside.
2. **Avoid Harsh Products:** Avoid using harsh skincare products, including exfoliants and retinoids, for at least 48 hours after your facial.
3. **Stay Hydrated:** Continue to drink plenty of water to keep your skin hydrated and promote healing.
4. **Don't Touch Your Face:** Avoid touching or picking at your skin to prevent irritation or infection.
5. **Follow Skincare Recommendations:** Follow any specific skincare recommendations provided by your esthetician, such as moisturizing regularly or using specific products to enhance the results of your facial.

Back Facial

Pre-Care Instructions:

1. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 48 hours before your back facial treatment. Sunburned or irritated skin cannot be treated effectively.
2. **Inform About Medications and allergies:** Inform your esthetician about any medications you are taking, as some medications can affect the skin's sensitivity and response to treatment.
3. **Stay Hydrated:** Drink plenty of water in the days leading up to your back facial to ensure your skin is well-hydrated.
4. **Avoid Hair Removal:** Avoid waxing, tweezing, or any other hair removal treatments on the areas to be treated at least 48 hours before your facial.

Post-Care Instructions:

1. **Avoid Harsh Products:** Avoid using harsh products, including exfoliants and retinoids, for at least 48 hours after your back facial.
2. **Stay Hydrated:** Continue to drink plenty of water to keep your skin hydrated and promote healing.

Dermaplaning

Pre-Care Instructions:

1. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 48 hours before your dermaplaning treatment. Sunburned or irritated skin cannot be treated effectively.
2. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, including salicylic (BHA) and glycolic acid (AHA), Vitamin C, retinol (Vitamin A), and any other harsh skincare products for at least one week before your dermaplaning session, as they can increase skin sensitivity.
3. **Inform About Medications:** Inform your esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.

4. **Avoid Hair Removal:** Avoid waxing, tweezing, or any other hair removal treatments on the areas to be treated at least 48 hours before your dermaplaning session.
5. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.

Post-Care Instructions:

1. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 24-48 hours after your dermaplaning treatment. Use sunscreen with SPF 30 or higher if you need to be outside.
2. **Use Gentle Skincare Products:** Use gentle skincare products for the first few days after dermaplaning to avoid irritation. Avoid products containing harsh ingredients like retinoids or exfoliating acids or exfoliating scrubs, including salicylic (BHA) and glycolic acid (AHA), Vitamin C, retinol (Vitamin A).
3. **Moisturize:** Apply a soothing, hydrating moisturizer to your skin after dermaplaning to help restore moisture and promote healing.
4. **Avoid Makeup:** Avoid wearing makeup for at least 24 hours after your dermaplaning treatment to allow your skin to breathe and recover.
5. **Avoid Harsh Activities:** Avoid activities that may irritate the skin, such as heavy exercise, saunas, or hot baths, for at least 24 hours post-treatment.
6. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
7. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.

Hydrodermabrasion (with & without Oxygen Infusion)

Pre-Care Instructions:

1. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 48 hours before your Hydrodermabrasion Facial treatment. Sunburned or irritated skin cannot be treated effectively.
2. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your Hydrodermabrasion Facial session, as they can increase skin sensitivity.

3. **Inform About Medications:** Inform your skincare professional about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
4. **Avoid Hair Removal:** Avoid waxing, tweezing, or any other hair removal treatments on the areas to be treated at least 48 hours before your Hydrodermabrasion Facial session. For men we recommend shaving 48 hours prior to treatment.

Post-Care Instructions:

1. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 24-48 hours after your Hydrodermabrasion Facial treatment. Use sunscreen with SPF 30 or higher if you need to be outside.
2. **Use Gentle Skincare Products:** Use gentle skincare products for the first few days after dermaplaning to avoid irritation. Avoid products containing harsh ingredients like retinoids or exfoliating acids or exfoliating scrubs, including salicylic (BHA) and glycolic acid (AHA), Vitamin C, retinol (Vitamin A).
3. **Moisturize:** Apply a soothing, hydrating moisturizer to your skin after your Hydrodermabrasion Facial treatment to help lock in moisture and enhance the results.
4. **Avoid Makeup:** Avoid wearing makeup for at least 24 hours after your Hydrodermabrasion Facial to allow your skin to breathe and maximize the benefits of the treatment.
5. **Avoid Harsh Activities:** Refrain from activities that may irritate the skin, such as heavy exercise, saunas, or hot baths, for at least 24 hours post-treatment.
6. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.

Chemical Peel

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with our master estheticians to determine if you are a good candidate for a chemical peel and to discuss your skin concerns, medical history, and expected outcomes.

2. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your chemical peel session, as they can increase skin sensitivity.
3. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 2 weeks before your chemical peel treatment. Sunburned or irritated skin cannot be treated effectively.
4. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
5. **Hydrate:** Drink plenty of water in the days leading up to your chemical peel to ensure your skin is well-hydrated.
6. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for the chemical peel treatment. Follow their instructions carefully. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.

Post-Care Instructions:

1. **Follow Recovery Time:** Follow the recommended downtime provided by your master esthetician, which may vary depending on the type and strength of the chemical peel you received. Avoid scheduling any important events during this time.
2. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 1-2 weeks after your chemical peel treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
3. **Use Gentle Skincare Products:** Use gentle skincare products for the first few days after dermaplaning to avoid irritation. Avoid products containing harsh ingredients like retinoids or exfoliating acids or exfoliating scrubs, including salicylic (BHA) and glycolic acid (AHA), Vitamin C, retinol (Vitamin A).
4. **Moisturize:** Apply a soothing, hydrating moisturizer to your skin regularly after your chemical peel treatment to help soothe and hydrate the skin.
5. **Avoid Makeup:** Avoid wearing makeup for at least 24-48 hours after your chemical peel to allow your skin to breathe and heal properly.
6. **Avoid Harsh Activities:** Refrain from activities that may irritate the skin, such as heavy exercise, saunas, or hot baths, for at least 48 hours post-treatment.

7. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
8. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, peeling, or sensitivity after a chemical peel, but these symptoms should gradually improve over time.

Microneedling

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with our master estheticians to determine if you are a suitable candidate for microneedling. Discuss your skin concerns, medical history, and expected outcomes during this appointment.
2. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 1-2 weeks before your microneedling treatment. Sunburned or irritated skin cannot be treated effectively.
3. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your microneedling session, as they can increase skin sensitivity.
4. **Inform About Medications:** Inform your dermatologist or master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
5. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for microneedling. Follow their instructions carefully. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.
6. **Hydrate:** Drink plenty of water in the days leading up to your microneedling treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Follow Recovery Time:** Follow the recommended downtime provided by your master esthetician, which may vary depending on the depth of the microneedling treatment you received. Avoid scheduling any important events during this time.

2. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 1-2 weeks after your microneedling treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
3. **Use Gentle Skincare Products:** Use gentle skincare products for the first few days after dermaplaning to avoid irritation. Avoid products containing harsh ingredients like retinoids or exfoliating acids or exfoliating scrubs, including salicylic (BHA) and glycolic acid (AHA), Vitamin C, retinol (Vitamin A).
4. **Moisturize:** Apply a soothing, hydrating gentle moisturizer to your skin regularly after your microneedling treatment to help soothe and hydrate the skin.
5. **Avoid Makeup:** Avoid wearing makeup for at least 24-48 hours after your microneedling treatment to allow your skin to breathe and heal properly.
6. **Avoid Harsh Activities:** Refrain from activities that may irritate the skin, such as heavy exercise, saunas, or hot baths, for at least 48 hours post-treatment.
7. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
8. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, peeling, or sensitivity after microneedling, but these symptoms should gradually improve over time.

RF Microneedling

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to determine if you are a suitable candidate for RF microneedling. Discuss your skin concerns, medical history, and expected outcomes during this appointment.
2. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 1-2 weeks before your RF microneedling treatment. Sunburned or irritated skin cannot be treated effectively.
3. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your RF microneedling session, as they can increase skin sensitivity.

4. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
5. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for RF microneedling. Follow their instructions carefully. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.
6. **Hydrate:** Drink plenty of water in the days leading up to your RF microneedling treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Follow Recovery Time:** Follow the recommended downtime provided by your master esthetician, which may vary depending on the intensity of the RF microneedling treatment you received. Avoid scheduling any important events during this time.
2. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 1-2 weeks after your RF microneedling treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
3. **Use Gentle Skincare Products:** Use gentle skincare products for the first few days after dermaplaning to avoid irritation. Avoid products containing harsh ingredients like retinoids or exfoliating acids or exfoliating scrubs, including salicylic (BHA) and glycolic acid (AHA), Vitamin C, retinol (Vitamin A).
4. **Moisturize:** Apply a soothing, hydrating gentle moisturizer to your skin regularly after your RF microneedling treatment to help soothe and hydrate the skin.
5. **Avoid Makeup:** Avoid wearing makeup for at least 24-48 hours after your RF microneedling treatment to allow your skin to breathe and heal properly.
6. **Avoid Harsh Activities:** Refrain from activities that may irritate the skin, such as heavy exercise, saunas, or hot baths, for at least 48 hours post-treatment.
7. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
8. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, swelling, peeling or sensitivity after RF microneedling, but these symptoms should gradually improve over time.

Microdermabrasion

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to determine if you are a suitable candidate for microdermabrasion. Discuss your skin concerns, medical history, and expected outcomes during this appointment.
2. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 1 week before your microdermabrasion treatment. Sunburned or irritated skin cannot be treated effectively.
3. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your microdermabrasion session, as they can increase skin sensitivity.
4. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
5. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for microdermabrasion. Follow their instructions carefully. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.
6. **Hydrate:** Drink plenty of water in the days leading up to your microdermabrasion treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 1-2 weeks after your microdermabrasion treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
2. **Use Gentle Skincare Products:** Use gentle skincare products for the first few days after dermaplaning to avoid irritation. Avoid products containing harsh ingredients like retinoids or exfoliating acids or exfoliating scrubs, including salicylic (BHA) and glycolic acid (AHA), Vitamin C, retinol (Vitamin A).
3. **Moisturize:** Apply a soothing, hydrating moisturizer to your skin regularly after your microdermabrasion treatment to help soothe and hydrate the skin.
4. **Avoid Makeup:** Avoid wearing makeup for at least 24 hours after your microdermabrasion treatment to allow your skin to breathe and heal properly.

5. **Avoid Harsh Activities:** Refrain from activities that may irritate the skin, such as heavy exercise, saunas, or hot baths, for at least 48 hours post-treatment.
6. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
7. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness or sensitivity after microdermabrasion, but these symptoms should subside quickly.

Radiance Revealed Facial

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to discuss your skin concerns, medical history, and the specific goals you have for your dermaplaning facial with a retinol peel.
2. **Discontinue Retinol Products:** Discontinue the use of retinol or any other retinoid-based skincare products for at least one week before your treatment to prevent excessive skin sensitivity.
3. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 48 hours before your treatment. Sunburned or irritated skin cannot be treated effectively.
4. **Avoid Waxing or Hair Removal:** Avoid waxing, tweezing, or any other hair removal treatments on the areas to be treated at least 48 hours before your appointment.
5. **Hydrate:** Drink plenty of water in the days leading up to your treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 1-2 weeks after your treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
2. **Moisturize:** Apply a hydrating moisturizer to your skin regularly after your treatment to help soothe and hydrate the skin.
3. **Avoid Retinol Products:** Continue to avoid using retinol or any other retinoid-based skincare products for at least one week after your treatment to prevent excessive irritation.

4. **Avoid Harsh Skincare Products:** Avoid using harsh skincare products, such as exfoliants or products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), for at least one week after your treatment.
5. **Avoid Makeup:** Avoid wearing makeup for at least 24 hours after your treatment to allow your skin to breathe and heal properly.
6. **Be Gentle:** Be gentle with your skin in the days following your treatment. Avoid picking at your skin or using harsh exfoliants that could cause irritation.
7. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
8. **Expect Peeling:** Depending on the intensity of the retinol peel, you may experience some mild peeling or flaking in the days following your treatment. This is normal and should subside within 7-10 days.

Laser Hair Removal

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to discuss your skin type, medical history, and expected outcomes. This will help determine if you are a suitable candidate for laser hair removal and what to expect during the treatment.
2. **Avoid Sun Exposure:** Minimize sun exposure, tanning beds, and self-tanning products for at least 2-4 weeks before your laser hair removal treatment. Sunburned or tanned skin can increase the risk of complications and reduce the effectiveness of the treatment.
3. **Shave the Treatment Area:** Shave the treatment area 12-24 hours before your appointment. This ensures that the laser energy is targeted directly at the hair follicles beneath the skin's surface, rather than being absorbed by the hair above the skin.
4. **Avoid Waxing or Plucking:** Avoid waxing, plucking, or electrolysis for at least 4 weeks before your laser hair removal treatment. These methods remove the hair follicle, which is necessary for the laser to target effectively.

5. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if they make your skin more sensitive to light or increase the risk of complications. Including any time you are taking and antibiotic.
6. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for laser hair removal. Follow their instructions carefully.

Post-Care Instructions:

1. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 2-4 weeks after your laser hair removal treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
2. **Avoid Hot Baths and Saunas:** Avoid hot baths, saunas, and steam rooms for at least 48 hours after your laser hair removal treatment, as heat can increase skin sensitivity and irritation.
3. **Avoid Harsh Skincare Products:** Avoid using harsh skincare products, such as exfoliants or products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), for at least 1-2 days after your laser hair removal treatment.
4. **Moisturize:** Apply a gentle, hydrating moisturizer to the treated area regularly to soothe the skin and help it recover more quickly.
5. **Avoid Scratching or Picking:** Avoid scratching or picking at the treated area to prevent irritation or infection. If the skin feels itchy, apply a cold compress or gentle anti-itch cream.
6. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
7. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, swelling, or mild discomfort after laser hair removal, but these symptoms should subside within a few hours to a few days.

IPL (Intense Pulse Light Laser)

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to discuss your skin concerns, medical history, and expected outcomes. This will help determine if

you are a suitable candidate for IPL treatment and what to expect during the procedure.

2. **Avoid Sun Exposure:** Minimize sun exposure, tanning beds, and self-tanning products for at least 2-4 weeks before your IPL treatment. Sunburned or tanned skin can increase the risk of complications and reduce the effectiveness of the treatment.
3. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your IPL session, as they can increase skin sensitivity.
4. **Avoid Waxing or Plucking:** Avoid waxing, plucking, or electrolysis for at least 2 weeks before your IPL treatment. These methods remove the hair follicle, which is necessary for the IPL to target effectively if you're undergoing hair removal treatment.
5. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if they make your skin more sensitive to light or increase the risk of complications.
6. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for IPL treatment. Follow their instructions carefully. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.

Post-Care Instructions:

1. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 2-4 weeks after your IPL treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
2. **Avoid Hot Baths and Saunas:** Avoid hot baths, saunas, and steam rooms for at least 48 hours after your IPL treatment, as heat can increase skin sensitivity and irritation.
3. **Avoid Harsh Skincare Products:** Avoid using harsh skincare products, such as exfoliants or products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), for at least 7 days after your IPL treatment.
4. **Moisturize:** Apply a gentle, hydrating moisturizer to the treated area regularly to soothe the skin and help it recover more quickly.

5. **Avoid Scratching or Picking:** Avoid scratching or picking at the treated area to prevent irritation or infection. If the skin feels itchy, apply a cold compress or gentle anti-itch cream.
6. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
7. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, swelling, or mild discomfort after IPL treatment, but these symptoms should subside within a few hours to a few days.

Tattoo Removal

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician and Dr. Bass to discuss your tattoo, skin type, medical history, and expected outcomes. They will assess your tattoo and determine the appropriate treatment plan for you.
2. **Avoid Sun Exposure:** Minimize sun exposure, tanning beds, and self-tanning products for at least 2-4 weeks before your tattoo removal treatment. Sunburned or tanned skin can increase the risk of complications and affect the effectiveness of the laser treatment.
3. **Shave the Treatment Area:** Shave the area with the tattoo 24-48 hours before your appointment. This ensures that the laser energy is targeted directly at the tattoo pigment, rather than being absorbed by the hair above the skin.
4. **Keep the Skin Clean:** Keep the skin around the tattoo clean and free from lotions, creams, or makeup on the day of your treatment. This helps ensure that the laser can penetrate the skin effectively.
5. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
6. **Avoid Retinol Products:** Discontinue the use of retinol or any other retinoid-based skincare products for at least one week before your treatment to prevent excessive skin sensitivity.

Post-Care Instructions:

1. **Protect the Treated Area:** Cover the treated area with a sterile dressing or bandage immediately after your tattoo removal treatment. This helps protect the skin and reduces the risk of infection.
2. **Avoid Sun Exposure:** Protect the treated area from direct sunlight for at least 2-4 weeks after your tattoo removal treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
3. **Keep the Skin Clean:** Keep the treated area clean and dry. Avoid rubbing, scratching, or picking at the skin to prevent irritation or infection.
4. **Apply Ice Packs:** Apply ice packs or cold compresses to the treated area to help reduce swelling and discomfort. Be sure to wrap the ice pack in a clean cloth to prevent frostbite.
5. **Moisturize:** Apply a gentle, hydrating moisturizer to the treated area regularly to soothe the skin and help it heal more quickly. We recommend using Alastin's Soothe and Protect Recovery Balm.
6. **Avoid Harsh Skincare Products:** Avoid using harsh skincare products, such as exfoliants or products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), on the treated area until it has fully healed.
7. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
8. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, swelling, blistering, or scabbing after tattoo removal, but these symptoms should gradually improve over time.

Vein removal with ND: Yag Laser

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to discuss your vein concerns, medical history, and expected outcomes. They will assess your veins and determine if you are a suitable candidate for Nd:YAG laser treatment.
2. **Avoid Sun Exposure:** Minimize sun exposure, tanning beds, and self-tanning products for at least 2-4 weeks before your vein removal treatment. Sunburned or tanned skin can increase the risk of complications and affect the effectiveness of the laser treatment.

3. **Discontinue Certain Medications:** Inform your master esthetician about any medications you are taking, especially if you are using blood thinners or medications that may increase photosensitivity. They may advise you to discontinue these medications temporarily before your treatment.
4. **Hydrate:** Drink plenty of water in the days leading up to your treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Avoid Sun Exposure:** Protect the treated area from direct sunlight for at least 4-6 weeks after your vein removal treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
2. **Keep the Skin Clean:** Keep the treated area clean and dry. Avoid rubbing, scratching, or picking at the skin to prevent irritation or infection.
3. **Apply Ice Packs:** Apply ice packs or cold compresses to the treated area to help reduce swelling and discomfort. Be sure to wrap the ice pack in a clean cloth to prevent frostbite.
4. **Moisturize:** Apply a gentle, hydrating moisturizer to the treated area regularly to soothe the skin and help it heal more quickly.
5. **Avoid Hot Showers and Saunas:** Avoid hot showers, saunas, and steam rooms for at least 48 hours after your treatment to prevent excessive heat exposure to the treated skin.
6. **Wear Compression Hose:** For treatments targeting spider veins on the legs, wear compression hose or stockings for 3-5 days post-treatment to help reduce swelling and promote healing.
7. **Avoid Blood Thinners:** Refrain from taking blood thinners or medications that may increase bleeding risk for at least 48 hours after your treatment, as advised by your healthcare provider. This helps minimize the risk of bruising and bleeding at the treatment site.
8. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, swelling, bruising, or mild discomfort after Nd:YAG laser vein removal, but these symptoms should gradually improve over time.

Minor skin irregularity removal with the Lamprobe

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to discuss your skin concerns, medical history, and expected outcomes. This will help determine if you are a suitable candidate for treatment with the Lamprobe device.
2. **Avoid Sun Exposure:** Minimize sun exposure and tanning beds for at least 1-2 weeks before your Lamprobe treatment. Sunburned or irritated skin cannot be treated effectively.
3. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your Lamprobe session, as they can increase skin sensitivity.
4. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
5. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for the Lamprobe treatment. Follow their instructions carefully.
6. **Hydrate:** Drink plenty of water in the days leading up to your Lamprobe treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Follow Recovery Time:** Follow any downtime or recovery instructions provided by your master esthetician after your Lamprobe treatment. Minor redness or swelling may occur but should subside within a few hours to a few days.
2. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 1-2 weeks after your Lamprobe treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
3. **Avoid Harsh Skincare Products:** Avoid using harsh skincare products, such as exfoliants or products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), for at least 7 days after your Lamprobe treatment.
4. **Keep the Treated Area Clean:** Keep the treated area clean and dry. Avoid touching or picking at the treated area to prevent irritation or infection.

5. **Moisturize:** Apply a gentle, hydrating moisturizer regularly to the treated area 24 hours after your Lamprobe treatment to help soothe and hydrate the skin.
6. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
7. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some minor scabbing or crusting in the days following your Lamprobe treatment, but these should heal within a week or two.

Pico Laser Skin Rejuvenation and Hollywood Carbon Facial

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to discuss your skin concerns, medical history, and expected outcomes. This will help determine if you are a suitable candidate for Pico laser skin rejuvenation.
2. **Avoid Sun Exposure:** Minimize sun exposure, tanning beds, and self-tanning products for at least 2-4 weeks before your Pico laser treatment. Sunburned or tanned skin can increase the risk of complications and affect the effectiveness of the treatment.
3. **Discontinue Certain Products:** Discontinue the use of retinoids, exfoliating scrubs, and any other harsh skincare products for at least one week before your Pico laser session, as they can increase skin sensitivity.
4. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
5. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for Pico laser treatment. Follow their instructions carefully.
6. **Hydrate:** Drink plenty of water in the days leading up to your Pico laser treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Follow Recovery Time:** Follow any downtime or recovery instructions provided by your master esthetician after your Pico laser treatment. Redness or swelling may occur but should subside within a few hours to a few days.
2. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 2-4 weeks after your Pico laser treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
3. **Avoid Harsh Skincare Products:** Avoid using harsh skincare products, such as exfoliants or products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), for at least 1-2 days after your Pico laser treatment.
4. **Keep the Treated Area Clean:** Keep the treated area clean and dry. Avoid touching or picking at the treated area to prevent irritation or infection.
5. **Moisturize:** Apply a gentle, hydrating moisturizer to the treated area regularly after your Pico laser treatment to help soothe and hydrate the skin.
6. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
7. **Be Patient:** Be patient with your skin's healing process. It's normal to experience some redness, swelling, or mild discomfort after Pico laser skin rejuvenation, but these symptoms should gradually improve over time.

Cryo T-Shock Facial

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with your master esthetician to discuss your skin concerns, medical history, and expected outcomes. This will help determine if you are a suitable candidate for Cryo T-Shock facial rejuvenation.
2. **Avoid Sun Exposure:** Minimize sun exposure, tanning beds, and self-tanning products for at least 1-2 weeks before your Cryo T-Shock treatment. Sunburned or tanned skin can increase the risk of complications and affect the effectiveness of the treatment.

3. **Inform About Medications:** Inform your master esthetician about any medications you are taking, especially if you are using topical or oral medications that may affect your skin's sensitivity or ability to heal.
4. **Skin Preparation:** Your master esthetician may recommend using specific skincare products to prepare your skin for Cryo T-Shock treatment. Follow their instructions carefully.
5. **Hydrate:** Drink plenty of water in the days leading up to your Cryo T-Shock treatment to ensure your skin is well-hydrated.

Post-Care Instructions:

1. **Follow Recovery Time:** Follow any downtime or recovery instructions provided by your skincare professional after your Cryo T-Shock treatment. Redness or swelling may occur but should subside within a few hours to a few days.
2. **Avoid Sun Exposure:** Protect your skin from direct sunlight for at least 1-2 weeks after your Cryo T-Shock treatment. Use sunscreen with SPF 30 or higher and wear protective clothing, hats, and sunglasses when outdoors.
3. **Avoid Harsh Skincare Products:** Avoid using harsh skincare products, such as exfoliants or products containing alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), for at least 1-2 days after your Cryo T-Shock treatment.
4. **Moisturize:** Apply a gentle, hydrating moisturizer to the treated area regularly after your Cryo T-Shock treatment to help soothe and hydrate the skin.
5. **Follow Esthetician's Recommendations:** Follow any specific post-care recommendations provided by your esthetician, such as using certain skincare products or scheduling follow-up appointments.
6. **Be Patient:** Be patient with your skin rejuvenation process. It's normal to need multiple treatments in a series recommended by your master esthetician.

Cryo T-Shock Body Permanent Fat & Cellulite Reduction

Pre-Treatment Care Instructions

1. **Hydration:** Drink plenty of water (at least 2 liters per day) starting a few days before your treatment. Proper hydration helps the body to effectively process the treatment.

2. **Avoid Heavy Meals:** Do not eat heavy meals or consume alcohol at least 2 hours before the treatment.
3. **Clothing:** Wear comfortable, loose-fitting clothing to the appointment. This makes it easier to access the treatment area and ensures comfort.
4. **Medical Conditions:** Inform your master esthetician about any medical conditions, especially if you have cardiovascular disease, diabetes, or if you are pregnant or breastfeeding.
5. **Avoid Sun Exposure:** Refrain from tanning or prolonged sun exposure on the treatment area at least 48 hours before your session.

Post-Treatment Care Instructions

1. **Hydration:** Continue to drink plenty of water for several days following the treatment to help flush out the fat cells that have been broken down.
2. **Diet and Exercise:** Maintain a healthy diet and regular exercise routine to enhance and prolong the results. Avoid heavy meals and alcohol for at least 48 hours after treatment.
3. **Skin Care:** Apply **Alastin's BodyTransform** twice a day for best results.
4. **Lymphatic Drainage:** Post treatment you will use our VibraTherapy to start lymphatic drainage.
5. **Monitor for Side Effects:** Some common side effects include redness, swelling, tingling, or slight discomfort in the treated area. These should subside within a few hours to a few days. If you experience severe pain or persistent symptoms, contact your provider.
6. **Follow-Up Appointments:** Attend any scheduled follow-up appointments to assess progress and determine if additional sessions are needed to achieve desired results.

Additional Tips

- **Consistency:** Multiple sessions may be required for optimal results. Follow the treatment plan recommended by your master esthetician.
- **Healthy Lifestyle:** Maintaining a healthy lifestyle will help sustain the results of Cryo T-Shock treatments. Focus on balanced nutrition and regular physical activity.

BodyTone

Pre-Treatment Care Instructions

1. **Hydration:** Ensure you are well-hydrated before the treatment. Drink plenty of water the day before and the day of your session.
2. **Eat Light:** Have a light meal at least 1-2 hours before your treatment. Avoid heavy or greasy foods that may cause discomfort during the procedure.
3. **Clothing:** Wear comfortable, loose-fitting clothing to your appointment. This will make it easier to access the treatment area and allow you to remain comfortable.
4. **Medical Conditions:** Inform your master esthetician about any medical conditions, particularly if you have any metal implants, a pacemaker, or other electronic devices in your body, as these can interfere with EMS.
5. **Avoid Intense Workouts:** Do not engage in intense workouts targeting the treatment area on the day of your session to avoid muscle fatigue.

Post-Treatment Care Instructions

1. **Hydration:** Continue to drink plenty of water after your treatment to help flush out toxins and support muscle recovery.
2. **Rest:** Allow your muscles to rest after the treatment. Avoid strenuous physical activity targeting the treated muscles for at least 24 hours.
3. **Nutrition:** Consume a balanced meal with adequate protein to support muscle repair and growth. This will enhance the toning effects of the treatment.
4. **Massage:** Lightly massage the treated muscles to help with any soreness and to improve circulation.
5. **Monitor Side Effects:** Mild soreness, tingling, or redness in the treated area is normal and should subside within a few hours to a day. If you experience severe pain, swelling, or any unusual symptoms, contact your master esthetician.
6. **Follow-Up Sessions:** Attend all scheduled follow-up appointments. Consistency is key for achieving and maintaining optimal results.
7. **Healthy Lifestyle:** Maintain a healthy lifestyle, including regular exercise and a balanced diet, to sustain the results of the BodyTone treatment. This will help enhance muscle tone and overall fitness.

Vacuum Therapy Butt Lift

Pre-Treatment Care Instructions

1. **Hydration:** Drink plenty of water in the days leading up to your treatment. Proper hydration is crucial for effective lymphatic drainage and overall skin health.
2. **Avoid Heavy Meals:** Do not eat heavy meals or consume alcohol at least 2 hours before the treatment. A light meal is preferable.
3. **Clothing:** Wear comfortable, loose-fitting clothing to your appointment to ensure easy access to the treatment area and to avoid any irritation post-treatment. We recommend coming in cheeky underwear or we have disposable underwear for you.
4. **Medical Conditions:** Inform your master esthetician about any medical conditions, especially if you have varicose veins, skin conditions, or any circulatory issues.
5. **Avoid Sun Exposure:** Avoid tanning or prolonged sun exposure on the treatment area for at least 48 hours before your session to prevent skin sensitivity.

Post-Treatment Care Instructions

1. **Hydration:** Continue to drink plenty of water after your treatment to help with lymphatic drainage and detoxification.
2. **Avoid Intense Activities:** Refrain from engaging in strenuous activities or exercises that target the gluteal muscles for at least 24 hours after the treatment to allow your muscles to recover.
3. **Avoid Tight Clothing:** Wear loose clothing to avoid friction and pressure on the treated area, which can cause discomfort or irritation.
4. **Monitor Side Effects:** Mild bruising, redness, or swelling in the treated area is normal and should subside within a few days. If you experience severe pain, prolonged swelling, or any unusual symptoms, contact your master esthetician.
5. **Follow-Up Sessions:** Adhere to the recommended treatment schedule (2x per week for 4 weeks then 1x per month for maintenance) for optimal results. Multiple sessions may be required to achieve and maintain the desired lift and tone.
6. **Healthy Lifestyle:** Maintain a healthy lifestyle, including a balanced diet and regular exercise, to sustain the results of your vacuum therapy. Focus on exercises that strengthen the gluteal muscles for enhanced effects.

Teeth Whitening

Pre-Treatment Care Instructions

1. **Avoid Staining Foods and Drinks:** For at least 24-48 hours before your whitening session, avoid foods and drinks that can stain your teeth, such as coffee, tea, red wine, berries, and dark sauces.
2. **Brush and Floss:** Brush and floss your teeth thoroughly before the treatment to remove any food particles and plaque. This allows the whitening agent to penetrate better.
3. **Sensitivity Check:** If you have sensitive teeth, inform your master esthetician or follow the instructions on your at-home kit regarding sensitivity. Using a desensitizing toothpaste for a week before treatment can help reduce sensitivity.
4. **No Smoking:** Avoid smoking at least 24 hours before the treatment, as tobacco can interfere with the whitening process.
5. **Medication:** Inform your master esthetician if you are taking any medications that may affect your oral health or interact with the whitening agents.

Post-Treatment Care Instructions

1. **Avoid Staining Foods and Drinks:** For the first 48 hours after the treatment, avoid consuming staining substances such as coffee, tea, red wine, berries, dark sauces, and soda. Your teeth are more porous and susceptible to stains immediately after whitening.
2. **No Smoking:** Refrain from smoking for at least 48 hours after the treatment to prevent discoloration and irritation.
3. **Oral Hygiene:** Brush your teeth gently with a soft-bristled toothbrush. Use a non-abrasive, whitening toothpaste to help maintain results. Floss daily to remove any particles that could stain your teeth.
4. **Desensitizing Products:** If you experience sensitivity, use a desensitizing toothpaste or gel. Avoid extremely hot or cold foods and drinks for a few days.
5. **Hydration:** Drink plenty of water, especially after consuming any food or drink. Swishing water around your mouth can help wash away potential staining agents.
6. **Avoid Acidic Foods and Drinks:** For at least 48 hours post-treatment, avoid acidic foods and drinks, such as citrus fruits and sodas, which can increase sensitivity and weaken enamel.

Additional Tips

- **Straw Use:** When consuming beverages that could stain your teeth, use a straw to minimize contact with your teeth.
- **Touch-Up Kits:** Consider using at-home touch-up kits or whitening pens, if recommended by your master esthetician, to maintain your whitening results between professional treatments.
- **Diet:** Incorporate foods that promote oral health, such as crunchy fruits and vegetables that can help clean your teeth naturally.

Laser Skin Resurfacing

Pre-Treatment Care Instructions

1. **Consultation:** Schedule a consultation with your master esthetician and Dr. Bass to discuss your medical history, skin type, and treatment goals. Disclose any medications or supplements you are taking.
2. **Avoid Sun Exposure:** Minimize sun exposure and use a broad-spectrum sunscreen (SPF 30 or higher) daily for at least 4 weeks before the procedure. Sunburn or tan can increase the risk of complications.
3. **Stop Smoking:** If you smoke, stop at least 2 weeks before the treatment, as smoking can impair healing and affect the results.
4. **Medications and Supplements:** Avoid blood-thinning medications and supplements, such as aspirin, ibuprofen, vitamin E, and fish oil, for at least 10 days before the procedure (unless otherwise directed by your doctor). If prescribed, start antiviral medications to prevent herpes simplex virus outbreaks, especially if you have a history of cold sores.
5. **Skincare Products:** Discontinue the use of retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and other exfoliating agents at least 1 week before the procedure to reduce the risk of irritation. For optimal results we recommend you start prepping your skin with **Alastin's Procedure Enhancement System**.
6. **Hydration:** Drink plenty of water in the days leading up to your treatment to keep your skin well-hydrated.

Post-Treatment Care Instructions

1. **Immediate Care:**

- **Cooling:** Apply cold packs or cold compresses to reduce swelling and discomfort.
 - **Cleansing:** Cleanse the treated area with a gentle cleanser as recommended by your master esthetician, typically 2-3 times a day.
 - **Moisturizing:** Apply a thick, protective ointment from Alastin the Soothe and Protect Recovery Balm to keep the skin moist and promote healing.
2. **Sun Protection:** Avoid direct sun exposure and use a broad-spectrum sunscreen (SPF 30 or higher) when going outside. Wear protective clothing and a wide-brimmed hat.
 3. **Avoid Picking:** Do not pick, scratch, or exfoliate the treated area. Let any scabs or crusts fall off naturally to prevent scarring and infection.
 4. **Pain Management:** Take prescribed or over-the-counter pain medications, as directed to manage discomfort.
 5. **Hydration:** Continue to drink plenty of water to stay hydrated and aid in the healing process.
 6. **Activity Restrictions:** Avoid strenuous activities, heavy lifting, and excessive sweating for at least 1 week post-treatment. Do not use saunas, hot tubs, or swim in chlorinated pools until fully healed.
 7. **Skincare Routine:** Once healing has progressed, your master esthetician may recommend resuming certain skincare products, including gentle cleansers and moisturizers. Gradually reintroduce products like retinoids or exfoliants as advised by your master esthetician.

Botox & Dysport

Pre-Treatment Care Instructions

1. **Consultation:** Schedule a consultation with Dr. Bass to discuss your medical history, current medications, and treatment goals. Ensure you understand the procedure, potential risks, and expected outcomes.
2. **Avoid Blood-Thinning Agents:** Discontinue use of blood-thinning medications and supplements such as aspirin, ibuprofen, vitamin E, fish oil, and certain herbal supplements at least 5-7 days before the treatment, unless otherwise advised by your doctor. This is to prevent bruising.

3. **Alcohol and Smoking:** Avoid alcohol consumption for at least 24 hours before the procedure. Limit or stop smoking, as it can effect bruising & healing.
4. **Skincare Products:** Avoid using topical products that can irritate the skin, such as retinoids, alpha hydroxy acids (AHAs), and beta hydroxy acids (BHAs), for a few days before the treatment.
5. **Health Condition:** Ensure you are in good overall health. Reschedule your appointment if you have any skin infections, cold sores, or flu-like symptoms.
6. **Facial Treatments:** Avoid other facial treatments, such as microdermabrasion, chemical peels, or laser treatments, for at least a week before the procedure.
7. **Arrival:** On the day of the treatment, arrive with a clean face free of makeup, lotions, or other skincare products.

Post-Treatment Care Instructions

1. **Do Not Touch:** Avoid touching, rubbing, or massaging the treated area for at least 24 hours to prevent the product from spreading to unintended areas.
2. **Ice Packs:** Apply a cold pack or ice wrapped in a cloth to the treated area in short intervals to reduce swelling and discomfort.
3. **Activity Restrictions: Stay Upright:** Remain upright for at least 4 hours after the injections. Avoid lying down or bending over excessively.
4. **Exercise:** Avoid strenuous physical activity, heavy lifting, and exercise for at least 24 hours post-treatment.
5. **Avoid Heat Exposure:** Refrain from using saunas, hot tubs, or tanning beds for at least 24-48 hours after treatment.
6. **Alcohol and Smoking:** Avoid alcohol and smoking for at least 24 hours post-treatment to minimize bruising and swelling.
7. **Skincare- Gentle Cleansing:** Cleanse your face gently with a mild cleanser. Avoid aggressive scrubbing or exfoliating for a few days.
8. **Facial treatments:** Avoid getting any facial treatment for 2 weeks.
9. **Makeup:** You can apply makeup after 24 hours (mineral is best) but use clean brushes and avoid excessive pressure on the treated areas.
10. **Medications and Supplements: Pain Management:** If you experience discomfort, use acetaminophen (Tylenol) rather than ibuprofen or aspirin to avoid increased bruising.

11. **Avoid Blood Thinners:** Continue to avoid blood-thinning medications and supplements for a few more days as advised by your doctor.
12. **Monitor for Side Effects: Common Side Effects:** Mild swelling, redness, and bruising at the injection sites are common and should subside within a few days. **Serious Side Effects:** If you experience symptoms such as difficulty breathing, swallowing, severe headache, or vision problems, seek medical attention immediately.
13. **Results:** Botox and Dysport full effect are visible within 1-2 weeks. If a touch up is needed AFTER the 14-day period, please call us to schedule an appointment. Results are temporary and last 3-6 months depending on how quickly your body metabolizes the product.

Dermal Filler

Pre-Care Instructions

1. **Consultation:** Schedule a consultation to discuss your medical history, any allergies, and your desired outcomes with Dr. Bass.
2. **Medications and Supplements:** Avoid blood-thinning medications and supplements (e.g., aspirin, ibuprofen, Vitamin E, fish oil, Ginkgo Biloba) for at least one week before the treatment, as they can increase the risk of bruising and bleeding. Discuss with your healthcare provider if you are on prescription blood thinners.
3. **Alcohol and Smoking:** Avoid alcohol for at least 24 hours before the treatment. Refrain from smoking, as it can impair healing.
4. **Skincare:** Avoid using topical products that can irritate the skin, such as Retin-A (tretinoin), glycolic acid, or any other anti-aging products, for two days prior to the procedure.
5. **Health:** Ensure you are in good health and free from active infections, cold sores, or other skin conditions in the treatment area.
6. **Hydration:** Stay well-hydrated by drinking plenty of water in the days leading up to the treatment.

Post-Care Instructions

1. **Immediately After Treatment:** Apply a cold compress to the treated areas to reduce swelling and bruising. Avoid touching, pressing, or manipulating the treated areas to prevent displacement of the filler.
2. **Medications and Pain Management:** Over-the-counter pain relief such as acetaminophen (Tylenol) can be taken if needed. Avoid aspirin, ibuprofen, and other NSAIDs for 24-48 hours to minimize bruising unless otherwise directed by your healthcare provider.
3. **Skincare and Makeup:** Do not apply makeup for at least 12 hours post-treatment. Use gentle skincare products and avoid harsh exfoliants for 24-48 hours.
4. **Activities:** Avoid strenuous exercise, heavy lifting, and activities that increase blood flow to the face (like bending over) for 24-48 hours. Refrain from exposing the treated areas to extreme heat (e.g., saunas, hot tubs) or cold for the first 48 hours.
5. **Alcohol and Smoking:** Avoid alcohol for 24 hours post-treatment. Continue to avoid smoking as it can delay healing and affect the results.
6. **Sleeping:** Sleep on your back with your head elevated for the first night to minimize swelling.
7. **Monitoring and Follow-Up:** Monitor the treated areas for any signs of infection, excessive swelling, or unusual symptoms. Schedule a follow-up appointment as advised by Dr. Bass to assess the results and address any concerns.
8. **Results and Maintenance:** Understand that it can take up to two weeks for the full effects of the filler to become apparent. Follow any additional instructions provided by Dr. Bass regarding long-term care and maintenance of the results.

Sculptra

Pre-Care Instructions

1. **Consultation:** Schedule a consultation to discuss your medical history, any allergies, and your aesthetic goals with Dr. Bass.
2. **Medications and Supplements:** Avoid blood-thinning medications and supplements (e.g., aspirin, ibuprofen, Vitamin E, fish oil, Ginkgo Biloba) for at least one week before the treatment, as they can increase the risk of bruising and

bleeding. Consult with your healthcare provider if you are on prescription blood thinners.

3. **Alcohol and Smoking:** Avoid alcohol for at least 24 hours before the treatment. Refrain from smoking, as it can impair healing and affect the results.
4. **Skincare:** Discontinue the use of topical products that can irritate the skin, such as Retin-A (tretinoin), glycolic acid, or other anti-aging products, for two days prior to the procedure.
5. **Health:** Ensure you are in good health and free from active infections, cold sores, or other skin conditions in the treatment area.
6. **Hydration:** Stay well-hydrated by drinking plenty of water in the days leading up to the treatment.

Post-Care Instructions

1. **Immediately After Treatment:** Apply a cold compress to the treated areas to reduce swelling and bruising.
2. **Massage:** 5-5-5, Massage the treated areas for five minutes, five times a day, for five days post-treatment to help distribute the product evenly and prevent nodule formation. We recommend having a jade roller on hand. **HINT:** Immediately following Sculptra is an excellent time to schedule a facial.
3. **Medications and Pain Management:** Over-the-counter pain relief such as acetaminophen (Tylenol) can be taken if needed. Avoid aspirin, ibuprofen, and other NSAIDs for 24-48 hours to minimize bruising unless otherwise directed by your healthcare provider.
4. **Skincare and Makeup:** Do not apply makeup for at least 12 hours post-treatment. Use gentle skincare products and avoid harsh exfoliants for 24-48 hours.
5. **Activities:** Avoid strenuous exercise, heavy lifting, and activities that increase blood flow to the face (like bending over) for 24-48 hours. Refrain from exposing the treated areas to extreme heat (e.g., saunas, hot tubs) or cold for the first 48 hours.
6. **Alcohol and Smoking:** Avoid alcohol for 24 hours post-treatment. Continue to avoid smoking as it can delay healing and affect the results.
7. **Sleeping:** Sleep on your back with your head elevated for the first night to minimize swelling.

8. **Monitoring and Follow-Up:** Monitor the treated areas for any signs of infection, excessive swelling, or unusual symptoms. Schedule a follow-up appointment as advised by Dr. Bass to assess the results and address any concerns.
9. **Results and Maintenance:** Understand that Sculptra works gradually, and it can take a few weeks to a few months to see the full effects as collagen production increases. Multiple sessions may be required for optimal results. Follow any additional instructions provided by Dr. Bass regarding long-term care and maintenance of the results.

Kybella

Pre-Care Instructions

1. **Consultation:** Schedule a consultation to discuss your medical history, any allergies, and your aesthetic goals with Dr. Bass.
2. **Medications and Supplements:** Avoid blood-thinning medications and supplements (e.g., aspirin, ibuprofen, Vitamin E, fish oil, Ginkgo Biloba) for at least one week before the treatment, as they can increase the risk of bruising and bleeding. Consult with your healthcare provider if you are on prescription blood thinners.
3. **Alcohol and Smoking:** Avoid alcohol for at least 24 hours before the treatment. Refrain from smoking, as it can impair healing and affect the results.
4. **Skincare:** Discontinue the use of topical products that can irritate the skin, such as Retin-A (tretinoin), glycolic acid, or other anti-aging products, for two days prior to the procedure.
5. **Health:** Ensure you are in good health and free from active infections, cold sores, or other skin conditions in the treatment area.
6. **Hydration:** Stay well-hydrated by drinking plenty of water in the days leading up to the treatment.

Post-Care Instructions

1. **Immediately After Treatment:** Apply a cold compress or ice pack to the treated area to reduce swelling and discomfort. Use the compress intermittently (e.g., 15 minutes on, 15 minutes off) for the first 24 hours.
2. **Medications and Pain Management:** Over-the-counter pain relief such as acetaminophen (Tylenol) can be taken if needed. Avoid aspirin, ibuprofen, and other

NSAIDs for 24-48 hours to minimize bruising unless otherwise directed by your healthcare provider.

3. **Swelling and Bruising:** Swelling, bruising, and tenderness in the treatment area are common and can last several days to a few weeks. Use Arnica or bromelain supplements to help reduce bruising and swelling, if recommended by your practitioner.
4. **Activities:** Avoid strenuous exercise, heavy lifting, and activities that increase blood flow to the face (like bending over) for 24-48 hours. Refrain from exposing the treated area to extreme heat (e.g., saunas, hot tubs) or cold for the first 48 hours.
5. **Sleeping:** Sleep with your head elevated on pillows for the first few nights to help reduce swelling.
6. **Diet:** Stick to a healthy diet and avoid excessive salt intake, which can increase swelling.
7. **Skincare and Makeup:** Avoid applying makeup for at least 12 hours post-treatment. Use gentle skincare products and avoid harsh exfoliants for 24-48 hours.
8. **Monitoring and Follow-Up:** Monitor the treated area for any signs of infection, excessive swelling, or unusual symptoms. Schedule follow-up appointments as advised by Dr. Bass to assess the results and plan any additional treatments if necessary.
9. **Results and Maintenance:** Understand that it can take several weeks to see the full effects of Kybella as the body gradually eliminates the targeted fat cells. Multiple sessions (3-5) are typically required for optimal results. Follow any additional instructions provided by Dr. Bass regarding long-term care and maintenance of the results.

Styku Body Scan

Pre-Care Instructions

1. **Scheduling:** Schedule your appointment for a time when you can be relaxed and not rushed. Ensure you have enough time to follow any specific instructions provided by your provider.
2. **Clothing:** Wear form-fitting clothing such as athletic wear (e.g., leggings, a sports bra or a tight-fitted top) or underwear for the scan. Loose or baggy clothing can affect the accuracy of the scan.

3. **Jewelry and Accessories:** Remove all jewelry, watches, and accessories before the scan. These items can interfere with the accuracy of the scan.
4. **Hair:** Tie up long hair so it is not covering your neck and shoulders. This helps in capturing a clear and accurate scan of your body.
5. **Hydration:** Stay well-hydrated, but avoid excessive drinking immediately before the scan, as bloating can affect the results.
6. **Food Intake:** Try to avoid heavy meals or large amounts of food right before the scan. It's best to be in a normal, relaxed state without feeling overly full.
7. **Standing Position:** Be prepared to stand still in a specific posture as instructed by the provider. Good posture is crucial for an accurate scan.
8. **Medical Devices:** Inform your provider if you have any medical devices or implants that might affect the scan.
9. **Relax:** Try to be relaxed and calm during the scan to avoid any movement that might disrupt the scan process.

Visia Skin Consultation

Pre-Care Instructions

1. **Schedule Appointment:** Arrange your Visia skin consultation at a time that suits your schedule and allows you to arrive relaxed and on time.
2. **Skincare Products:** Avoid using any topical skincare products, makeup, or sunscreen on the day of your consultation, especially in the area to be scanned. These products can interfere with the accuracy of the analysis.
3. **Avoid Sun Exposure:** Refrain from excessive sun exposure or tanning bed use for at least one week before your consultation. Sunburns, tan lines, or excessive pigmentation can affect the results of the scan.
4. **Remove Makeup:** Arrive at your appointment with a clean face, free from makeup, moisturizers, or any other products. Cleansing your face thoroughly beforehand ensures accurate analysis of your skin condition.
5. **Hydration:** Drink plenty of water in the days leading up to your consultation to keep your skin well-hydrated and in its natural state.
6. **Inform Technicians:** Inform your master esthetician if you have any skin conditions, allergies, or concerns that they should be aware of before conducting the analysis.

7. **Avoid Facial Treatments:** Refrain from undergoing any facial treatments, such as chemical peels, microdermabrasion, or laser treatments, for at least one week before your Visia consultation. These treatments can alter the skin's appearance and affect the accuracy of the analysis.
8. **Medical History:** Be prepared to provide information about your medical history, including any medications you are currently taking and any previous skin treatments or surgeries.

Additional Tips

- **Arrive Early:** Arrive at your appointment a few minutes early to complete any necessary paperwork and ensure a smooth start to your consultation.
- **Ask Questions:** Feel free to ask any questions you may have about the Visia analysis process or your skin concerns during the consultation.
- **Follow-Up Plan:** Be prepared to discuss the results of the analysis with your skincare professional and develop a personalized skincare plan based on your specific needs and goals.