

COSMETIC LASER CENTER OF IRVINE PRE & POST CARE FOR THERMAGE

Thank you for choosing The Cosmetic Laser Center of Irvine. In our ongoing efforts to provide you with the best possible service we ask that you carefully review these Pre and Post Treatment instructions and ask any questions necessary to help you fully understand it. If you have any questions about these instructions, please discuss them with us prior to treatment. To obtain maximum benefit from your Thermage treatments, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications. We are confident that if you follow these instructions, you will be exceptionally pleased with the results of your treatments.

PRE TREATMENT INSTRUCTIONS

- Avoid using aspirin, non-steroid anti-inflammatory medicines, St. John's Wart, or high doses of Vitamin E supplements for one week prior to your procedure because they may cause bruising or bleeding at the treatment site.
- Do not consume alcohol leading up to and immediately after your treatment because it can affect the circulation and blood flow in your body, which can impact the effectiveness of your treatment.

DAY OF TREATMENT INSTRUCTIONS

- Patients with a **history of even one cold sore/fever blister outbreak** must take **Valtrex** before any treatments that involve the areas around the mouth. You will get a prescription from our office, and you should start the treatment the day of the procedure.
- Do not wear any makeup or facial moisturizers, including sunscreens, to your appointment.

POST TREATMENT INSTRUCTIONS:

- You will be able to return to your normal activities and can apply cosmetics immediately following treatment.
- There is no recovery with this procedure. Your skin should feel tighter, smoother and more youthful.

In addition to the immediate results found in many patients, over time, you will notice additional tightening. Usually this will occur over a 2 to 6 month time period.

ADDITIONAL TREATMENTS

The number of treatments is dependent on the individual. A single treatment has produced good results in a significant number of patients.

POSSIBLE SIDE EFFECTS

- Redness
- Swelling
- Increased sensitivity or soreness
- Lumps/Bumps

As with all medical cosmetic procedures, some side effects may occur but should only last 2-5 days: (Side effects may vary)

Please call us at 949-679-8679 if you have any questions or concerns. We want you to be pleased with your treatment at Cosmetic Laser Center of Irvine.

Signed: _____ Date: _____

Printed Name: _____