



## Capillaries Treatment Pre and Post Care Instructions

Client's name \_\_\_\_\_ date \_\_\_\_\_

**Please follow these instructions carefully. By following these instructions you are insuring the best possible results and healing time.**

### **24-36 hours before treatment**

- Do not take Advil, Motrin or any type of medication containing Ibuprofen, this will thin the blood and prevent the treatment from working. If you are taking blood thinners such as Coumadin, please consult your physician before discontinuing. Tylenol is alright to take before.
- Do not drink alcoholic beverages, they also thin the blood.
- Discontinue topical medications containing Retin-A, Glycolic acid and any exfoliants.

Initials \_\_\_\_\_

### **1-2 hours before treatment**

- Do not exercise or exert yourself.
- Do not take a hot bath or shower.
- Do not drink caffeine.

Initials \_\_\_\_\_

### **For the first 48 hours after treatment**

- No exercise or anything physically exerting (including sexual intercourse)
- No blood thinning medications (as above)
- No topical medications (as above)
- No topicals containing Retin-A, Glycolic acid and any exfoliants.
- No sauna or steam room, Jacuzzi tubs, hot baths, or showers
- Avoid sun exposure
- No rubbing, scratching or wiping the area
- Avoid fragrances and deodorant in treated areas
- No alcohol

Initials \_\_\_\_\_