

# BODYfx | MINIfx | Forma Plus

## Arrive with Clean Skin

No lotion, make-up, perfume, powder, ointment, deodorant, or bath/shower oil should be present on or near the area to be treated.

Avoid prolonged sun exposure completely for 1-2 weeks days prior to treatment. If you must be in the sun, use a zinc oxide sunscreen of at least SPF 30+.

Shave the treatment area days prior to the procedure. The hair should not be waxed or chemically removed.

## Recommendations

Moisturize your skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.

**Avoid exercising** within 2 hours prior to treatment

**Discontinue topical retinoid therapy** 3-4 days prior to treatment and any irritant topical agents for 2-3 days prior to treatment.

**Avoid taking anticoagulants**, such as aspirin, ibuprofen and, if medically permitted, prescribed anticoagulants for 1-2 weeks prior to treatment.

**Avoid self-tanner, spray tanning** and any prolonged direct exposure to the sun for 7-10 days prior to treatment. If you must be in the sun, use a zinc oxide sunscreen of at least SPF 30+.

If you have a history of Herpes Simplex or are undergoing a deeper peel, you may be provided a prescription for anti-viral medication prophylaxis 3-4 days prior to the procedure to avoid outbreak.

## Post-Treatment Instructions

### First 2-3 Days

Moisturize the treated area. You may continue to reapply as much and as often as needed.

Avoid very hot water, hot yoga and direct heat exposure (tanning bed or sun).

Treat the skin gently, avoid scrubbing, scratching and picking at the treated area.

### 2-14 Days Post Treatment

Resume use of regular soaps, but not scrub soaps or exfoliates.

Apply moisturizer and use a high-factor sunscreen SPF 30+ regularly throughout the course of the treatment.

Do not apply any peels, acids or retinols on the treated area.

### Short-Term Side Effects

You may experience erythema (redness) or slight to moderate edema (swelling) for 1-3 days, however for more aggressive treatments this may last longer

A mild to moderate sunburn sensation are also common post treatment and may last 1-3 days.

Avoid prolonged sun exposure to reduce the chance of hyperpigmentation (darker pigmentation). Excessive tanning of any sort (sun exposure, tanning beds, and artificial tanning lotions) is not allowed in the treated areas during the entire course of the treatment.

## Results

You may notice immediate improvement after a single treatment, however, multiple treatments over a period of several weeks may be required to achieve the desired response.

If you experience any indication of infection, excessive swelling, redness, pain, or any other unusual symptoms, contact our office at 817-334-0652 immediately.