

lachele

MEDICAL AESTHETICS

PROFOUND Pre-Treatment

1. Please arrive to our facility **30 minutes** before your scheduled time. Please be advised, running late may result in less than optimal treatment time or inadequate time to numb.
2. If you have a history of Herpes Simplex (cold sores), please inform the staff prior to your treatment for a prophylactic anti-viral prescription to be called in.
3. Avoid taking anticoagulants for 14 days before treatment, including aspirin and fish oil, if medical condition allows.
4. Please, arrive **30 minutes** prior to procedure with clean skin - free of makeup, creams, perfume, powder, bath or shower present oil on the treatment area. Also, have your hair tied back if possible and remove all jewelry or piercings.
5. Please STOP the following cosmetic products 72 hours before treatment. Retin-A/ Tretinoin / Benzoyl Peroxide / Glycolic Acid / Salicylic Acid.
6. Hydrate – we recommend that for seven days pre-treatment you moisturize 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.
7. Take 2 Extra Strength Tylenol (acetaminophen) **40** minutes prior to treatment. Notify your provider if you are on any type of anti-coagulant therapy (aspirin, Coumadin, Xarelto).
8. Please turn off cellular devices prior to entering the treatment room.
9. Due to possible risk of interference from electromagnetic radiation while the RF system is in operation, persons with implanted medical devices such as pacemakers, cardioverters, and other implantable devices should not be in the room.

If you are a patient who has melasma, a warm skin tone OR prone to hyperpigmentation:

10. We recommend a bi-daily application of our La Chelé private label **Hydroquinone** pre AND post Profound treatment. Use of hydroquinone is for 3-6 months only, do **NOT** use longer than prescribed time. When you are on your “off” months away from Hydroquinone, supplement with Skin Medica Lytera® Skin Brightening Complex.
11. Also, begin a bi-daily (2x/day) topical application of an over-the-counter steroid (such as hydrocortisone 1%). Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment and continue bi-daily application 1-2 days post treatment (after initial healing period of 24 hours). Do NOT apply any longer than 7 days in a row.

Dr. Espinoza's Favorite Post Profound Products:

Enhance overall results and help Post-Profound treatment recovery with: Elta MD Laser Enzyme Gel & OcuMend transdermal Arnica patches