

# lachelé

AESTHETICS & WELLNESS

## Profound Pre Treatment Instructions

- 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.
- Avoid taking anticoagulants for 14 days before treatment, including aspirin and fish oil, if medical condition allows.
- Please, arrive 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.
- Please STOP the following cosmetic products 72 hours before treatment. Retin-A/ Tretinoin / Benzoyl Peroxide / Glycolic Acid / Salicylic Acid.
- 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.
- 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).
- Please turn off cellular devices prior to entering the treatment room.
- 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.

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- If you are a patient who has melasma, a warm skin tone OR prone to hyperpigmentation:
- 9. We recommend a bi-daily application of our La Chelé private label Melasma Emulsion (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 Even and Correct Line.
- 10. 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.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza’s cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)

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## Profound Post Treatment Instructions

- Immediately after treatment most patients will experience erythema (redness).
  - Bruising is expected in the treated area. We encourage icing for the rest of your treatment day. Bruising can last 1 to 2 weeks, gradually improving over time.
- \*\* You will experience significantly more ecchymosis (bruising) if you are on blood thinners or any medication/ supplement that can thin your blood.
- Swelling- Moderate edema (swelling) is common post treatment and can last a few days to a week. Compression to the area can help. Try and sleep elevated the first night to decrease swelling.
  - Tenderness- You may experience tenderness to the touch, most common along the jaw line.
  - After your procedure, a topical ointment will be applied. Re-apply moisturizer 3-5 times per day for the first 3 days. (Change your pillow cases frequently or use a new towel nightly).
  - Ice! On and off for the first 48 hours. The recommended interval for icing is: every 2 hours for at least 20 minutes.
  - You may wash with a mild cleanser. It is recommended you wash your face with tepid water 3-5 times per day.
    - Avoid use of: wash cloths, harsh irritants or scrubs.
    - Pat dry, do not rub.

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- You may choose to sit under the LED lights to decrease the chance of bruising or inflammation.
- You may return to your normal skin care products and makeup after 3 days. IF your skin feels sensitive or is not back to baseline, allow a few more days of just using the Aquaphor or gentle moisturizer.
- Avoid sleeping with pets for the first 48 hours.
- Avoid SUN to reduce the chances of hyperpigmentation (darkening of the skin) for the next 4-6 weeks. Use SPF 30+.
- Avoid vigorous exercise x 24 hours or anything that would cause vasodilation (i.e., hot bath, sauna, steam rooms).

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